

# FREEDOM

→ 8 WEEKS TO LIVING FREE ←



# THE CALL TO TRUE FREEDOM, UNLOCKING THE AWESOME LIFE OF CHRIST



Living Free is more than just a desire...it's you're calling.

Galatians 5:1 declares,

*"It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery."*

Jesus didn't just come to forgive your sins; He came to break every chain holding you back from living the **awesome life found in Him** a life marked by grace, joy, purpose, and power. But here's the reality: freedom doesn't happen by accident. The enemy works overtime to keep you trapped in sin, shame, regret, and patterns that feel unbreakable.

That's why this journey matters.

Because **Freedom isn't just about putting your faith in Jesus, it's about learning to live with the faith of Jesus.**

Faith *in* Jesus saves you.

Faith *of* Jesus transforms you.

When you begin to think, trust, and live like Jesus, secure in the Father's love, confident in truth, and fully surrendered to God's will, freedom takes root and starts changing everything. This journey isn't just about breaking free from something. It's about stepping fully into **Someone**. His name is Jesus.

So the question is: Are you ready to unlock your freedom?

# → HOW TO USE THIS GUIDE ←

Welcome to **Freedom!** This 8-week journey is all about helping you step into the freedom Jesus has already secured for you. Think of this not just as a study, but as a personal guide, like a coach walking with you toward lasting change.

## EACH WEEK INCLUDES:

- 5 Daily Readings (short, personal, and practical) to complete each week on your own, or before you meet with a group to discuss. The idea is you would do one each day for 5 days and if you miss a day no worries, you have two days as a buffer to catch up.
- This is your book. Mark it up. Read slowly. Underline what stands out. Circle the things that hit your heart. Use the notes pages for daily reflection, prayer, and honesty before Jesus. Make space each day to sit with what you're learning and actually live out the truths God is revealing. The more you engage, the more this journey will shape you.
- Also, some days and themes might not be specific in your current journey, but here is what we know, if you live long enough you will face these themes so we ask you commit to each day and the activities and don't be afraid to come back to this guide as often as you need.
- Before you dive into the daily reading, make space to read the guiding scripture first. Let God's Word set the tone, steady your mind, and open your heart. Everything in this study flows from Scripture, and starting there helps you hear Jesus' voice above the noise.
- The win is progress and intentionality not perfection. Each day will include:
  - \* Reflection & Challenge
  - \* Freedom Confession
  - \* Additional Scripture (optional deeper study)
  - \* Closing Prayer

**Bonus:** As you walk through this study, you'll also be encouraged to read the entire book of Galatians over 8 weeks. If you've never read a full book of the Bible, this is a bonus win!

## WEEKLY FLOW:

**Monday to Friday** | Daily Reading & Challenge

**Weekend** | Group discussion + Galatians reading checkpoint + Catch up days + Reflections

## TWO WAYS TO WALK THIS JOURNEY

You can walk this freedom journey on your own or with a crew. Both are real. Both are powerful. Both can lead to deep freedom.

What matters most isn't how you walk it but that you show up, stay honest, and invite Jesus into the process. Here are a few tips to get you started:

***Your personal time with this guide creates space for God to speak.***

This is where you slow down, hear His voice, confront lies, and experience healing. Jesus does some of His deepest work in the quiet places.

***This is about transformation, not information.***

Don't rush through the Scripture or the reading just to "finish the day." Slow down. Let God's Word sink in. Reflect, pray, and do the work He's inviting you into. The goal isn't completion...it's connection. Jesus isn't looking for checked boxes; He's inviting you into a deeper relationship that actually changes you.

Bold truth: This resource works...with others or on your own. You can walk this with friends, your spouse, a small group, or a few trusted people who will walk with you.

And if you're doing this on your own right now...that's more than okay too. Jesus meets you right where you are, and He is more than enough to guide you day by day.

Go all in...wherever you start. The more you invest, the more freedom you'll experience. This isn't about checking boxes; it's an invitation to let Jesus rebuild your life from the inside out.

***Let's get started.***

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# GALATIANS READING CHALLENGE



Each week, we'll read a portion of Galatians. We recommend before you finish the day 5 assignment each week, you've made time to read the chapter of Galatians as outlined in this simple breakdown:

## WEEK CHAPTERS

1. Galatians 1
2. Galatians 2
3. Galatians 3
4. Galatians 4
5. Galatians 5
6. Galatians 6
7. Re-read Galatians 5
8. Re-read Galatians 6

**Tip:** Each chapter takes 5–7 minutes to read. Highlight, underline or write in your Bible margin anything that stands out as you read each chapter. Then as you meet with your group each week, take a few moments to discuss what stood out to each of you for further discussion.

Let's make time to let God's Word sink in. You won't regret it.

# WEEK 1: THE FOUNDATION OF FREEDOM

## MAIN THEME

Freedom starts with trusting Jesus. We'll lay the groundwork for real transformation, one step at a time.

## DAY 1: THE PROMISE OF TOTAL FREEDOM

Guiding Scripture | John 8:31–36, Romans 6:6–7, 2 Corinthians 3:17

Jesus' words in John 8:36 hold a powerful promise: "If the Son sets you free, you will be free indeed."

He wasn't talking about a shallow fix or temporary relief. He was talking about complete, lasting freedom. But for many of us, the word "freedom" feels elusive. Maybe we've tried before and failed. Maybe we believe it's true for others, but not for us.

Let's look at the context. Jesus was talking to religious Jews who didn't even realize they were in bondage. They pushed back, "We've never been slaves!" Yet at that very moment, they were:

- Under Roman rule
- Bound by legalism and sin
- Living in denial of their need for grace

Sound familiar? Many of us have said the same kinds of things:

- "This is just who I am."
- "I can stop anytime."
- "I've always struggled with this...it'll never change."

But here's the truth Jesus wants us to confront: whoever sins is a slave to sin. That includes us.

Still, Jesus doesn't just point out the problem. He offers the solution.

**What Does Total Freedom Look Like?** Total freedom is freedom in every area of life...mental, emotional, spiritual, and physical. It doesn't mean we'll never struggle again, but it does mean we're no longer owned by what once enslaved us.

**Mental Freedom** | You're no longer a prisoner of anxious, fearful, or toxic thoughts.

Romans 12:2 – *"Be transformed by the renewing of your mind."*

**Emotional Freedom** | You're not dominated by bitterness, anger, shame, or unhealed wounds.

Ezekiel 36:26 – *"I will give you a new heart."*

**Behavioral Freedom** | You begin walking in victory over destructive habits, patterns, or addictions.

2 Corinthians 5:17 – *"If anyone is in Christ, they are a new creation."*

**Spiritual Freedom** | You're no longer separated from God but fully restored through Christ.

Ephesians 2:13 – *"But now in Christ Jesus, you who once were far away have been brought near by the blood of Christ."*

Freedom isn't just about getting rid of what's wrong, it's about stepping into what's right. It's about being restored to the One we were made for: Jesus.

That's what this journey is about. Not just breaking free from something but walking fully into Someone...Jesus.

## Reflection & Challenge

Take a Personal Freedom Inventory

- Where in your life do you currently feel free?
- Where do you feel stuck, burdened, or in bondage?
- Are there any lies you've believed about your potential to experience freedom?

*Ask the Holy Spirit for Insight*

*Find a quiet moment and pray*

"Jesus, show me where I've been living in chains, even if I've convinced myself I'm fine. Help me see clearly, and help me believe you have more for me."

## Freedom Confession

"I believe Jesus didn't just die to forgive me, He died to free me. His promise of freedom is for me, and I will no longer settle for less than total transformation."

## Closing Prayer

Lord Jesus, I want the kind of freedom You promise, complete and lasting. Show me the areas where I've been blind to my own bondage. I surrender to You and invite You into every corner of my life. I believe You want to set me free, and I say yes. In Your name, amen.

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See next page for a list of chains that keep us from Freedom

# CHAINS THAT KEEP US FROM FREEDOM

## 1. SHAME

- Carries the lie that we are too broken to be loved or used by God
- Keeps us hiding instead of healing
- Romans 8:1

## 2. UNFORGIVENESS

- Toward others or ourselves
- Bitterness becomes a prison of our own making
- Ephesians 4:31-32

## 3. PEOPLE-PLEASING

- Living for approval instead of from identity
- Causes us to perform, pretend, and burn out
- Galatians 1:10

## 4. FEAR

- Fear of failure, rejection, abandonment, not being enough
- Makes us play small and avoid what God is calling us into
- 2 Timothy 1:7

## 5. LEGALISM

- Trying to earn God's love through rules and behavior
- Turns faith into performance rather than relationship
- Galatians 5:1

## 6. COMPARISON

- Chains us to insecurity and jealousy
- Keeps us focused on others instead of our calling
- Galatians 6:4

## 7. CONTROL

- Gripping outcomes instead of surrendering to God being in control
- Exhausting and anxiety-inducing
- Matthew 6:34

## 8. LIES WE BELIEVE

- About God and ourselves
- Lies become the lens we live through if not replaced with truth
- John 8:32

## 9. UNCONFESED SIN

- When we stop walking closely with God and stop being honest with ourselves
- Creates distance and dulls our spiritual senses
- Proverbs 28:13

## 10. IDOLATRY

- Anything we turn to instead of God for comfort, identity, security
- Puts something else in place of God and creates distance with Him
- 1 John 5:21

## 11. WOUNDEDNESS

- Past trauma or emotional pain left unhealed
- Keeps us stuck in survival mode instead of Spirit-led living
- Isaiah 61:1

## 12. BUSYNESS

- Distracts us from presence, from purpose, from peace
- Leaves no margin for intimacy with God
- Luke 10:41-42

## 13. PRIDE

- Masks our need for God and others
- Leads us to self-reliance instead of Spirit-dependence
- James 4:6

## 14. HOPELESSNESS

- Believing nothing can change
- A subtle agreement with defeat
- Lamentations 3:21-23

## 15. SPIRITUAL APATHY

- Numbness or disinterest toward God
- A slow drift away from vibrant faith
- Hebrews 2:1

## 16. IDENTITY CONFUSION

- Not knowing who we are in Christ
- Causes us to anchor our worth in shifting things
- 2 Corinthians 5:17

## 17. LINGERING GUILT

- Accuses and robs us of joy
- It keeps us stuck in the past instead of walking in redemption
- Psalm 32:5

## 18. NEGATIVE INNER DIALOGUE

- Constant self-criticism or defeatist thinking
- Makes us wonder if God regrets our existence
- Philippians 4:8

## 19. CYNICISM

- A guarded heart that's afraid to hope
- Masks pain with sarcasm, suspicion, or disengagement
- Proverbs 4:23

## 20. ADDICTION

- Substances, approval, performance - false comforts
- Leaves us empty and powerless
- 1 Corinthians 6:12

## 21. CODEPENDENCY

- Valuing yourself based on someone else's need for you
- A false version of love that drains and distorts
- Galatians 6:2, 5

## 22. GENERATIONAL STRONGHOLDS

- Patterns of brokenness passed through families
- What isn't healed gets handed down
- Exodus 20:5-6

## 23. REJECTION

- Deep wounds from being abandoned, overlooked, or betrayed
- Leads to self-sabotage and isolation
- Psalm 27:10

## 24. WORLDLY SUCCESS METRICS

- Defining value by what we do or have
- Keeps us stuck in striving
- Matthew 16:26

## 25. ISOLATION

- Pulling away when we're hurt, ashamed, or struggling
- Keeps us from healing and community
- Ecclesiastes 4:9-10

## 26. DISORDERED DESIRES

- Good things elevated above God
- Turns blessings into bondage
- James 1:14-15

## CHAINS THAT KEEP US FROM FREEDOM, cont'd

### 27. ENVY

- Resenting what someone else has
- Shrinks joy and gratitude
- Proverbs 14:30

### 28. LACK OF TRUST IN GOD

- Believing He won't come through
- Keeps us self-reliant and afraid
- Isaiah 26:3-4

### 29. SPIRIT OF RELIGION

- Going through the motions with no intimacy
- Looks clean but lacks life
- Matthew 23:27-28

### 30. PAST LABELS

- Lies spoken over us that shaped our identity
- Prevents us living in the truth of our identity in Christ
- Isaiah 43:1

### 31. ANXIETY

- Restless, racing thoughts that hijack peace
- Distrust dressed up as vigilance
- Philippians 4:6-7

### 32. DEPRESSION

- Heaviness that dims hope
- Dulls joy and causes us to isolate
- Psalm 34:18

### 33. SUICIDAL THOUGHTS

- A lie that says you're beyond redemption
- Clouds our view of God's love and purpose
- Psalm 118:17

### 34. SELF HARM

- Coping by hurting ourselves
- Separates us from God by masking pain he wants to heal
- 1 Corinthians 6:19-20

### 35. PORNOGRAPHY

- A false substitute for real intimacy
- Trains us to consume rather than connect
- Matthew 5:28

### 36. MASTURBATION

- A form of self-comfort or escape
- Distorts our intimacy with God, turning inward for comfort
- 1 Thessalonians 4:3-5

### 37. SEXUAL ADDICTION

- Pleasure that controls rather than satisfies
- Leads to secrecy and shame
- Ephesians 5:3

### 38. SEXUAL IMMORALITY

- Anything outside of God's design
- Misuses the gift of intimacy
- 1 Corinthians 6:18

### 39. SAME-SEX ATTRACTION

- A feeling of inclination, not necessarily an identity or behavior
- Can redirect our desires away from God's design
- 1 Corinthians 10:13

### 40. HOMOSEXUALITY

- When attraction becomes identity and action
- Places desire above God's design
- Romans 1:26-27

### 41. GENDER CONFUSION

- Wrestling with design and identity
- Distorts the identity God designed for us
- Genesis 1:27

### 42. ADULTERY

- Often fueled by unmet or hidden pain
- Breaks covenant and wounds deeply
- Hebrews 13:4

### 43. ABUSE DONE TO US

- Trauma that wasn't our fault
- Causes pain and mistrust, making it harder to trust God's goodness and love
- Isaiah 54:4-5

### 44. ABUSE DONE BY US

- When we've harmed others
- Guilt and brokenness separate us from God
- 1 John 1:9

### 45. DEBT

- Often tied to impulse or fear
- A burden that can crush peace and trust
- Proverbs 22:7

### 46. POOR FINANCIAL STEWARDSHIP

- Misusing what God has entrusted
- Can block peace and generosity
- Luke 16:11

### 47. LYING/DISHONESTY

- Adds layers between us and the truth
- Keeps us in hiding
- Proverbs 12:22

### 48. LACK OF INTEGRITY

- When who we are doesn't match what we say
- Weakens trust and witness
- Proverbs 10:9

### 49. AVOIDANCE

- Ignoring what's broken instead of confronting it
- Delays freedom and keeps us stuck
- Ephesians 5:11

### 50. EMOTIONAL NUMBNESS

- Shutting down feelings to avoid pain
- Blocks joy, healing, and connection
- Ezekiel 36:26

## Day 2: Trusting God's Word, The First Foundation of Freedom

Guiding Scripture | John 15:7-8, Psalm 119:105, Hebrews 4:12, Matthew 4:1-11

Imagine a prisoner locked in a cell for years. One day, the guard opens the door and tells them they're free to go, but they stay seated in the corner, convinced it's a trick.

That's how many of us live. Jesus has already unlocked the door, but we stay stuck because we don't believe it's safe to move forward. Why? Because we don't fully trust the one holding the key.

In John 15, Jesus invites us to abide, to stay close, stay connected, and let His words take root in us:

"If you abide in Me, and My words abide in you..."

This is the first foundation of freedom: God's Word is true, alive, and our source of transformation.

### Why Trusting God's Word Is Non-Negotiable

#### 1. God's Word Reveals Truth

We've all been shaped by lies, about our identity, our worth, our future.

*John 8:32 - "You will know the truth, and the truth will set you free."*

#### 2. God's Word Renews Our Thinking

Freedom doesn't start with behavior; it starts in the mind.

*Romans 12:2 - "Be transformed by the renewing of your mind."*

#### 3. God's Word Is a Weapon Against the Enemy

When Satan tempted Jesus in the wilderness, Jesus didn't argue, He quoted Scripture.

*Matthew 4:1-11 - "It is written..."*

If Jesus used the Word to fight back, so must we.

### How to Abide in God's Word

- Make it a daily priority. Even 10 minutes can begin to rewire your heart.
- Memorize key verses. They'll become your internal soundtrack in moments of struggle.
- Speak Scripture aloud. Declare God's truth over your life and circumstances.

Abiding in God's Word is not about legalism, it's about life. It's not a chore, it's your lifeline.

Read the article ***The Word, Sweet as Honey*** here:

You'll never walk in lasting freedom without it. God's truth is the foundation beneath your feet when the storms hit. If your life is built on feelings or opinions, it'll crumble. But if it's built on Scripture, you'll stand.



### Reflection & Challenge

Evaluate your foundation

- How strong is your relationship with God's Word right now?
- Do you believe it's reliable, relevant, and powerful for your life?

### Make it personal

Choose one verse from today's reading that speaks to your heart. Write it down. Put it somewhere visible (mirror, dashboard, desk). Say it aloud throughout the week.

**Freedom Confession**

“God’s Word is true, alive, and powerful. I will build my life on it. I trust what God says more than what I feel, think, or fear.”

**Closing Prayer**

Father, I admit that sometimes I’ve doubted Your Word or treated it casually. Today, I choose to trust what You say. I want Your truth to shape how I think, speak, and live. Help me abide in Your Word, and let it set me free from every lie I’ve believed. In Jesus’ name, amen.

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# DAY 3: ADMITTING YOU NEED FREEDOM, THE SECOND FOUNDATION

Guiding Scripture | John 3:1-7, James 4:6, 2 Corinthians 12:9, Romans 3:23-24

We live in a culture that celebrates independence and self-reliance. The idea of saying, "I need help," feels weak, even shameful. But in God's Kingdom, admitting your need is actually where freedom begins.

In John 3, Jesus meets a religious leader named Nicodemus. Nicodemus was moral, respected, educated, and spiritually lost. Jesus didn't affirm his credentials or status. Instead, He told him the hard truth: "You must be born again."

In other words: You're not okay as you are, and you can't fix yourself.

That's the same message Jesus gave the Pharisees in John 8 when they claimed, "We've never been slaves to anyone!" Their spiritual pride kept them from seeing their bondage. They didn't want to admit they needed help. Sound familiar?

We often say things like:

- "I can handle it."
- "This is just how life is."
- "I'm not that bad."

But here's the deal: Jesus doesn't set free the self-sufficient. He sets free the surrendered.

## Admitting Our Need Unlocks the Door to Freedom

Until we're honest about where we're stuck, Jesus can't heal it. He never forces His way into our lives. He waits for an invitation. This isn't about self-loathing, it's about spiritual clarity. Denial keeps us in chains. Humility breaks them.

## Signs You Might Be in Bondage

- You feel stuck in destructive patterns you can't break.
- You carry shame, fear, or guilt that won't go away.
- You try to earn God's love instead of receiving it freely.
- You believe lies about yourself, God, or your worth.

Jesus isn't waiting for you to clean up your act. He's waiting for you to stop pretending you don't need Him. There's power in saying, "I can't do this on my own." That's not weakness, it's wisdom.

## Let This Sink In

Every spiritually strong person you admire...every joyful, free, whole follower of Jesus...started with the words: "I can't do this by myself."

The breakthrough you're hoping for begins with the breakdown of your pride.

*James 4:6 - "God opposes the proud but gives grace to the humble."*

Jesus wants to meet you in your weakness, not your performance. Don't hide from Him, run to Him. He already knows.

## Reflection & Challenge

- Are there areas where you've been pretending you're fine when you're not?
- What's something you haven't been willing to admit you need freedom from?
- What would change if you brought it into the light?



# DAY 4: PRIORITIZING JESUS, THE THIRD FOUNDATION OF FREEDOM

Guiding Scripture | Mark 12:28–30, Revelation 2:4–5, Matthew 6:33, Romans 10:9

When people talk about freedom, they often focus on what they want to be free from:

- Addiction
- Anxiety
- Shame
- Guilt
- Sin

But Jesus didn't just die to set you free from something. He came to set you free for something greater: a personal, daily, intimate relationship with Himself.

Let's say you've been rescued from a prison. That's amazing, but now what? What do you do with that freedom? True freedom isn't aimless, it's relational. It leads you to the feet of Jesus.

## The First Step in Finding Freedom

Placing Your Faith in Jesus: If you want freedom, it starts with Jesus...not with trying harder, cleaning yourself up, chasing religion, self-help, or checking boxes. Freedom doesn't come from fixing your behavior; it comes from trusting the One who can change your heart.

It starts by accepting the free gift of grace offered by Jesus and placing your faith in the work He already did for you.

*Romans 10:9 – "If you declare with your mouth, 'Jesus is Lord,' and believe in your heart that God raised him from the dead, you will be saved."*

Jesus died for your sins so that you could be forgiven, healed, and brought into a new life of purpose and love.

One of the biggest lies the enemy tells is that you have to clean yourself up before coming to Jesus. That's completely backwards. Jesus came because we're broken and lost. And that includes all of us.

So, the only thing standing between you and the awesome life of Christ is... nothing. You can start today.

## A Freedom Prayer

If you want to start a real relationship with Jesus, you can pray the words below right now. These are not magical words, but a way to express your heart. Speak them sincerely:

"Jesus, I believe You are the Son of God. I believe You died on the cross for my sins and rose again so I could have new life. I admit I've tried to do life my way, and I've sinned. I ask You to forgive me. Today I place my faith in You. I give You my heart, my past, my future, my whole life. Fill me with Your Spirit and teach me how to follow You from this day forward so I can experience true lasting freedom. Amen."

If you just prayed that prayer and meant it, welcome to the family of God. You are now forgiven, free, and loved. And your relationship with Jesus has just begun!

## What If You've Already Trusted Jesus, but Feel Far from Him?

Maybe you've been following Jesus but wandered away. Maybe sin, shame, or just life created distance. Here's the truth:

You can return right now. He never stopped loving you.

*1 John 1:9 – "If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."*

# A Recommitment Prayer

"Jesus, I know You, but I've been distant. I've let things come between us. I repent and turn back to You today. Thank You for never giving up on me. I receive Your mercy, Your grace, and Your presence. I want to walk with You daily. Restore our relationship, and help me make You the center of my life again so I can experience the freedom only found in You. Amen."

# Jesus Is the Goal of Your Freedom

When Jesus was asked what mattered most, He didn't talk about rules or religion. He said:

*"Love the Lord your God with all your heart, all your soul, all your mind, and all your strength."*  
Mark 12:30

That's what freedom leads to... loving God fully and freely in every part of who you are.

# Four Ways to Love God With Every Part of You

- **Heart (Emotions):** Invite Him into your highs and lows. Be real, He already knows.
- **Soul (Spiritual Life):** Pursue Him. Worship, pray, spend time in His presence.
- **Mind (Thoughts):** Replace lies with truth. Let Scripture shape your thinking.
- **Strength (Actions):** Let your love for Jesus show in how you live, serve, and treat others.

# Reflection & Challenge

Heart Check: Which of the four areas (heart, soul, mind, strength) is hardest to surrender right now? What would it look like to invite Jesus into that space?

# Write a Surrender Letter

Write a short letter to Jesus, sharing any part of your life that you've been holding back. Be honest. Ask Him to take first place again.

# Freedom Confession

"Jesus, You are the purpose of my freedom. I give You all of me... heart, soul, mind, and strength. I am Yours."

# Closing Prayer

Jesus, You didn't just set me free to walk away, You set me free to walk with You. You are the goal, the gift, and the center of my life. I surrender every part of me to You again today. Fill me with Your Spirit, and teach me how to love You with all that I am. Amen.

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# DAY 5: BREAKING FREE & MOVING FORWARD

Guiding Scripture | Galatians 5:1, Philippians 1:6, Ephesians 6:13, Romans 8:37

You've spent this week laying a new foundation:

- You've heard the promise of total freedom.
- You've looked at the authority of God's Word.
- You've admitted your need.
- You've prioritized your relationship with Jesus... maybe even for the first time.

Now what?

Now, it's time to move forward. Galatians 5:1 doesn't just declare your freedom, it calls you to action:

*It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery."*

God didn't just set you free so you could enjoy a moment of relief. He set you free so you could live an entirely different life, one that reflects His truth, His love, and His purpose.

## Freedom Requires a New Posture

Paul says, "Stand firm." Why? Because everything around you will try to pull you back into old patterns:

- Lies you used to believe
- Habits that once owned you
- Shame that whispers, "You're not really free"

But here's the truth: You are no longer a slave. You don't live there anymore. That voice of accusation? It's a lie. That addiction that used to control you? It has no claim over you. That shame that keeps resurfacing? It was nailed to the cross with Jesus.

You are no longer defined by what held you, but by Who freed you.

## Take the First Step Forward

So what does moving forward look like? It's not always dramatic or flashy. Often, it's small, faithful steps:

- Choosing truth over emotion
- Starting your morning with Scripture instead of social media
- Praying instead of spiraling
- Asking for help when tempted
- Returning to Jesus quickly when you mess up

Freedom isn't about perfection. It's about direction. Are you moving toward Jesus... or away from Him?

## This Is Just the Beginning

You're only one week in, but this is the start of something significant.

*Philippians 1:6 - "He who began a good work in you will carry it on to completion."*

You don't have to rush. You don't have to pretend. You just have to keep going.

## Reflection & Challenge Draw a Line in the Sand

What's one area of your life where you're choosing to stand firm today? Write it down. Declare it. Make it real.

## Take One Step Forward

What's one practical action you can take this week that aligns with your freedom? Examples:

- Tell someone your story
- Delete a toxic app
- Start a Bible reading plan
- Forgive someone
- Share your progress with your group

## Freedom Confession

"Jesus set me free... and I will not go back. I am walking forward into the life He created me for. I am no longer a slave. I am free, and I will stand firm."

## Closing Prayer

Lord Jesus, thank You for the freedom You've made available through the cross. This week, I've begun to see that freedom is possible for me, not just in theory, but in real life. Help me walk forward in truth, in love, and in power. When I'm tempted to go backward, remind me of who I am. I trust You to complete what You've started in me. In Your name, amen.

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# WEEK 2: FREEDOM FROM LIES

## MAIN THEME

This week, we'll uncover the lies that keep us bound and begin replacing them with God's truth. You can't live free if you're living deceived. But once the truth takes root, it changes everything.

## DAY 1: EXPOSING THE LIES

Guiding Scripture | John 8:44, Genesis 3:1-7, 2 Corinthians 11:3, Revelation 12:9

Freedom isn't just about breaking habits or avoiding sin, it's about confronting the lies that keep us trapped. Every sin, stronghold, or addiction begins with a lie. That's why Jesus said Satan is "a liar and the father of lies" (John 8:44).

From the very beginning, Satan has used lies to lead people away from God's truth. In the Garden of Eden, he didn't attack Adam and Eve with violence, he used deception.

*"Did God really say..." (Genesis 3:1)*

That same whisper shows up in your life:

- "You'll always be this way."
- "God can't love someone like you."
- "If people knew the real you, they'd leave."
- "You're too far gone."

These aren't just negative thoughts, they're weapons. They aim to separate you from the truth that sets you free. Satan doesn't need you to worship him; he just wants you to believe something that's not true about God, yourself, or others.

### How to Expose the Lies:

#### 1. Slow down.

Most lies gain power because we're too busy to notice them.

#### 2. Identify the thoughts.

What belief is behind the behavior?

#### 3. Hold it up to truth.

Ask: "Would Jesus say this to me?"

You don't fight lies with feelings. You fight them with truth. And truth is a person, Jesus.

*John 14:6 – "I am the way, the truth, and the life."*

The more time you spend with Jesus and His Word, the more lies will lose their grip. You begin to recognize what's counterfeit. You stop agreeing with things that don't align with who God says you are.

### Reflection & Challenge

- What is one lie you've believed about yourself, God, or others?



# DAY 2: REPLACING LIES WITH TRUTH

Guiding Scripture | Romans 12:2, Ephesians 4:22–24, Colossians 3:9–10, Psalm 51:6

Once a lie is exposed, it must be replaced. Truth isn't just something you hear, it's something you embrace. That's why Paul writes in Romans 12:2:

*"Do not conform to the pattern of this world, but be transformed by the renewing of your mind."*

Freedom doesn't come just from knowing what's wrong. It comes from holding tight to what's right.

God doesn't just want to remove the lies in your life...He wants to rewrite your mind with truth. He's in the business of mental renewal. That means re-learning how to think, believe, and respond in light of who God is and what He says.

**Think of It This Way:** If you've believed lies for years, they've carved deep mental paths. But when you begin to believe and speak God's truth, you create new paths, ones that lead to life, peace, and clarity.

*Ephesians 4:22–24 says we are to "put off the old self" and "be made new in the attitude of your minds."*

## How to Replace a Lie

1. **Identify the lie. What is it?**
2. **Name the impact. How has it affected your thinking, behavior, and relationships?**
3. **Find the truth. What does God say instead?**
4. **Repeat it daily. Truth needs repetition to stick.**

This process might feel slow. That's okay. Real change takes time. The goal isn't instant perfection, it's daily renewal.

## Your Brain Was Made to Be Transformed

Science even backs this up. Neural pathways in the brain can be rewired with repeated thought patterns. That's why renewing your mind with Scripture is so powerful, it actually changes the way your brain works.

## Reflection & Challenge

- What truth do you need to cling to this week?
- Write it somewhere you'll see it daily. Speak it over yourself morning and night.
- Example: *"I am not what I've done. I am who God says I am."* (2 Corinthians 5:17)

## Freedom Confession

"My mind is being renewed by God's truth. I am no longer bound by old thoughts. I have the mind of Christ."



# DAY 3: TEARING DOWN STRONGHOLDS

Guiding Scripture | 2 Corinthians 10:3-5, Isaiah 55:8-9, Proverbs 21:22, Romans 8:5-6

A stronghold is more than a bad habit. It's a mindset or belief system that keeps you stuck, even when you want to change.

Paul describes them this way:

*"The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds." 2 Corinthians 10:4*

A stronghold might sound like:

- "This is just how I'll always be."
- "Everyone in my family struggles with this."
- "God doesn't really care about this area of my life."

Those thoughts don't just sit quietly in your mind. They form walls. They block the truth. They give the enemy a place to operate.

But the good news? God has given you weapons with **divine power** to tear down these mental strongholds. You don't have to stay stuck. You don't have to settle for survival. You can walk in freedom.

## What Are the Weapons?

1. **God's Word - Truth demolishes lies. (Hebrews 4:12)**
2. **Prayer - Connects you with God's power and perspective.**
3. **Worship - Shifts your focus and invites God's presence.**
4. **Community - Other believers help expose blind spots and fight with you.**

## Steps to Tearing Down Strongholds

1. **Identify the lie.**  
What thought pattern keeps repeating?
2. **Name the root.**  
Where did this belief start?
3. **Refuse agreement.**  
Declare it false.
4. **Replace it with truth.**  
Write it. Say it. Repeat it.
5. **Stay consistent.**  
Strongholds take time to build, and time to tear down.

## God's Thoughts Are Higher

*Isaiah 55:8-9 - "My thoughts are not your thoughts... my ways are higher."*

Your stronghold doesn't intimidate God. His truth is more powerful than any pattern, past, or lie you've been living under. But you have to choose to bring those thoughts into obedience to Christ.

*2 Corinthians 10:5 - "We take captive every thought and make it obedient to Christ."*

### Reflection & Challenge

- What thought or belief has become a stronghold in your life?
- What would it look like to bring that thought into obedience to Christ?
- Write a short declaration that confronts the lie and affirms the truth.

### Example

Lie: "I'll never change."

Truth: "God is transforming me daily. I am not who I used to be." (2 Corinthians 3:18)

### Freedom Confession

"I have the power through Jesus to tear down every stronghold. My thoughts are no longer held captive, they are surrendered to Christ."

### Closing Prayer

Father, I bring every lie, every pattern, every stronghold before You. Thank You for giving me the power through Jesus to demolish them. I refuse to agree with thoughts that don't line up with Your truth. Renew my mind. Strengthen my heart. Let freedom become my new normal. In Jesus' name, amen.

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# DAY 4: LIVING FREE IN YOUR THOUGHT LIFE

Guiding Scripture | Philippians 4:8, Romans 8:6, Psalm 139:23-24, Isaiah 26:3

Once you begin to tear down lies, what do you fill the space with?

That's where today's verse comes in:

*"Fix your thoughts on what is true, honorable, right, pure, lovely, admirable. Think about things that are excellent and worthy of praise." Philippians 4:8*

This isn't just positive thinking. This is spiritual discipline. God is teaching us how to live free, not just in our actions, but in our minds.

## What You Focus on Will Form You

Your thoughts shape your reality. If your internal dialogue is full of fear, criticism, regret, or anxiety, freedom will always feel out of reach. But if your mind is filled with God's truth, peace follows.

*Romans 8:6 - "The mind governed by the Spirit is life and peace."*

Living free in your thought life means:

- You're aware of the thoughts that come in.
- You evaluate them through God's truth.
- You redirect them when they don't line up.
- You build new, life-giving mental patterns.

## Train Your Mind Like a Muscle

It takes work. It takes repetition. But your brain is moldable. Every time you choose to think differently, you're training your brain toward freedom.

## Try This Practice Today

1. **Pause 3 times today. Set an alarm.**
2. **Ask: "What am I thinking about right now?"**
3. **Decide: "Does this thought lead to truth, peace, and growth?"**

You'll be shocked at how often your thoughts wander toward fear, comparison, or shame. But this isn't about guilt, it's about awareness and redirection.

*Psalm 139:23 - "Search me, O God, and know my heart... test me and know my anxious thoughts."*

Let God reveal what you've been meditating on...and let Him renew your focus.

## Reflection & Challenge

- What thoughts have been dominating your mind lately?
- Which of the Philippians 4:8 filters do they pass, or fail?
- Create a new thought habit today using this verse as your guide.

## Example Thought Shift

*Old Thought:* "I'm a failure."

*New Thought:* "God is still working in me. I may fall, but I'm not finished." (Philippians 1:6)



## Freedom Confession

"I have the mind of Christ. I fix my thoughts on truth, and I choose peace over panic, love over fear, and praise over pity."

## Closing Prayer

Father, You know my thoughts before I think them. I want to live free, not just on the outside, but deep in my mind. Teach me to fix my thoughts on what is true, lovely, and pure.

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# DAY 5: KEEP FIGHTING, LIES DON'T DIE QUIETLY

Guiding Scripture | Ephesians 6:10-12, 1 Peter 5:8-9, Galatians 5:1, John 10:10

Just because you've identified a lie doesn't mean it will disappear overnight. Lies don't die quietly, they fight back. But don't be discouraged. This is a sign you're moving in the right direction.

Paul tells us in Ephesians 6:

*"Put on the full armor of God so that you can take your stand against the devil's schemes."*

That means freedom is a fight. Not a one-time prayer. Not a single journal entry. A daily decision to believe truth over lies, light over darkness, and faith over fear.

## The Enemy Won't Give Up Easily, But Neither Should You

When you start walking in truth, don't be surprised when:

- Old temptations return
- Shame tries to creep in
- You start doubting again
- The progress feels slow

This doesn't mean you're failing. It means you're in a battle. But you're not alone.

*1 Peter 5:8-9 - "Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion... Resist him, standing firm in the faith."*

You were never promised ease, but you are promised victory. That's why you need armor.

## The Armor of God Includes:

- **Truth** to counter lies
- **Righteousness** to cover your shame
- **Peace** to guard your heart
- **Faith** to block the attacks
- **Salvation** to secure your identity
- **The Word of God** to fight back

*Galatians 5:1 - "It is for freedom that Christ has set us free. Stand firm, then..."*

## Keep Showing Up

This week may have stirred some things up. That's okay. The path to freedom is rarely a straight line. But if you keep showing up, God will keep showing up. He's not discouraged by your pace. He's cheering for your persistence.

*John 10:10 - "The thief comes only to steal, kill and destroy. I have come that they may have life, and have it to the full."*

You were made for freedom. Keep fighting for it.

## Reflection & Challenge

- Where have you felt resistance this week?
- What part of your "spiritual armor" do you need to put on more intentionally?
- What lie tried to come back, and how did you respond?





# WEEK 3: FREEDOM FROM THE PAST

## MAIN THEME

We've all got a past. The question is, what do we do with it? This week is about breaking free from guilt, shame, and regret, and stepping into the new life Jesus offers.

## DAY 1: YOUR PAST DOESN'T DEFINE YOU

Guiding Scripture | 2 Corinthians 5:17, Isaiah 43:18–19, Romans 8:1, Psalm 103:12

Your story may include mistakes, wounds, or regrets, but your story is not over. And your past? It doesn't get the final say.

2 Corinthians 5:17 declares something powerful:

*"If anyone is in Christ, the new creation has come: The old has gone, the new is here!"*

Let that sink in. In Christ, you are not the sum of your worst moments. You are not stuck with who you used to be. You are brand new.

That doesn't mean your memories vanish or your consequences disappear. But it does mean that your past no longer holds authority over your identity. Jesus does.

### Shame Wants to Keep You Stuck

Shame whispers:

- "You'll always be the person who did that."
- "You've gone too far."
- "God forgives others, but not you."

But shame is a liar. And it's one Jesus came to silence.

*Romans 8:1 – "There is now no condemnation for those who are in Christ Jesus."*

That includes you.

### God Specializes in Redemption

Throughout Scripture, God used people with broken pasts:

- Moses was a murderer.
- Rahab was a prostitute.
- Peter denied Jesus.
- Paul persecuted the church.

Yet God rewrote every one of their stories. And He wants to do the same with yours.

### Reflection & Challenge

- What part of your past still tries to define you?
- What would change if you believed you were a new creation?
- Write down one truth about your identity in Christ and speak it over yourself today.

## Example

"I am forgiven. I am not my past. I am a new creation."

## Freedom Confession:

"My past does not define me. Jesus does. I am no longer who I used to be...I am who God says I am."

## Closing Prayer

Jesus, thank You for not giving up on me. Thank You for not defining me by my mistakes. Help me to let go of shame and step into the truth of who I am in You. Rewrite my story with Your grace. In Your name, amen.

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## DAY 2: LETTING GO OF REGRET

Guiding Scripture | Philippians 3:13-14, Luke 22:61-62, Psalm 32:5, Isaiah 1:18

We all have moments we wish we could erase, words we shouldn't have said, choices we wish we could undo, paths we never should've taken. That's regret. And if left unchecked, regret can keep you frozen, stuck looking backward instead of moving forward.

But Paul, who had plenty of regret in his own past, gives us a new mindset:

*"Forgetting what is behind and straining toward what is ahead, I press on..."*, Philippians 3:13-14

Paul wasn't pretending his past didn't exist...he was choosing not to live there anymore. And that's your invitation, too.

### Regret Can Lead to Repentance or Ruin

There's a difference between godly sorrow and worldly regret.

- Godly sorrow leads to repentance and healing.
- Worldly regret leads to shame, hiding, and hopelessness.

Look at Peter. He denied Jesus three times, then broke down in bitter regret (Luke 22:62). But later, Jesus restored him, because Peter didn't stay in his regret. He let it lead him back to Jesus.

You don't have to pretend you haven't messed up. You just don't have to live defined by it.

*Isaiah 1:18 - "Though your sins are like scarlet, they shall be white as snow."*

### So How Do You Let Go?

#### 1. Name it.

Don't minimize it. Be honest about what happened.

#### 2. Confess it.

Bring it into the light with God and trusted people.

#### 3. Release it.

If God doesn't hold it against you, don't keep holding it against yourself.

#### 4. Replace it.

Speak God's truth over your future.

*Psalm 32:5 - "I acknowledged my sin to you... and you forgave the guilt of my sin."*

### Reflection & Challenge

- What is one regret that still haunts you?
- Have you ever fully confessed it to God?
- What truth do you need to replace it with today?

### Freedom Confession

"I am not stuck in regret. I am forgiven, cleansed, and called forward by the grace of Jesus."



## DAY 3: FORGIVING OTHERS AND YOURSELF

Guiding Scripture | Matthew 18:21-22, Colossians 3:13, Ephesians 4:31-32, Luke 6:37

One of the greatest barriers to freedom from the past is unforgiveness, both toward others and toward ourselves. Holding on to offense is like dragging chains through life. No matter how much you grow, those chains keep rattling.

Forgiveness is central to the gospel. Jesus made it clear that it's not optional, it's essential. When Peter asked if seven times was enough, Jesus answered, "Not seven, but seventy-seven times" (Matthew 18:21-22), showing us that forgiveness isn't just an act, it's a way of life.

But let's be real, this isn't easy. Some wounds run deep. Some betrayals still sting. Some mistakes we've made still echo in our thoughts. But the freedom Jesus offers us includes freedom from bitterness, vengeance, and shame.

### Unforgiveness Is a Prison with No Winner

Here's the truth:

- When we refuse to forgive others, we keep reliving the pain.
- When we refuse to forgive ourselves, we deny the full power of the cross.

Forgiveness doesn't mean what happened was okay, it means we trust God to bring justice and healing. It's releasing the debt and saying, "God, this is Yours now."

*Colossians 3:13 – "Forgive as the Lord forgave you."*

### Forgiveness Is for You, Too

Maybe the hardest person to forgive is the one in the mirror. You carry guilt, regret, or shame, thinking, "I should've known better." But if Jesus died to forgive you, who are you to withhold that same grace from yourself?

*1 John 1:9 – "He is faithful and just to forgive us... and cleanse us from all unrighteousness."*

### Reflection & Challenge

- Who have you been holding a grudge against?
- What's one mistake you haven't forgiven yourself for?
- Write a forgiveness prayer today: "God, I choose to forgive \_\_\_\_\_ for \_\_\_\_\_."

### Freedom Confession

"I forgive because I've been forgiven. I let go of bitterness, resentment, and shame. I receive the freedom Jesus died to give me."



## DAY 4: WHEN THE ENEMY BRINGS UP YOUR PAST

Guiding Scripture | Revelation 12:10, Zechariah 3:1–4, John 8:36, Micah 7:8–9

Even after you've done the hard work of forgiving and moving forward, the enemy has one more strategy to keep you from living free...accusation.

Revelation 12:10 describes Satan as *"the accuser of our brothers and sisters, who accuses them before our God day and night."* That voice of guilt, shame, and "not enough"? That's him.

He reminds you of:

- The thing you did that no one knows about.
- The moment you blew it again.
- The people you hurt or disappointed.

His goal is to make you believe you're still the same person who failed, sinned, or fell apart. But Jesus doesn't accuse. He defends.

In Zechariah 3, Satan accuses Joshua the high priest while he stands before God in filthy clothes, symbolizing guilt. But God says, "I have taken away your sin" and gives Joshua clean garments.

*Zechariah 3:4 – "See, I have taken away your sin, and I will put fine garments on you."*

### You Are No Longer on Trial

The moment you trusted Jesus, your guilt was paid for in full. You're not on trial anymore. So when the enemy brings up your past, remind him that Jesus already took the verdict.

*John 8:36 – "If the Son sets you free, you will be free indeed."*

This doesn't mean the memories vanish. But now, when they surface, they don't define you, they remind you of grace.

*Micah 7:8 – "Though I have fallen, I will rise... The Lord will be my light."*

### Reflection & Challenge

- What past failure does the enemy use to accuse you?
- What truth from God's Word will you use to stand against it?
- Speak Revelation 12:10 aloud as a reminder that Satan has already lost.

### Freedom Confession

"I am no longer accused. I am redeemed. My past has been covered by grace, and my future is secure in Jesus."



# DAY 5: WALKING FORWARD WITH GOD'S GRACE

Guiding Scripture | Hebrews 4:16, Lamentations 3:22-23, Psalm 40:1-3, John 1:16

After all we've explored this week, about shame, regret, forgiveness, and accusation, there's one powerful truth that ties it all together: grace. And not just grace for salvation, but grace to walk in freedom every single day.

The author of Hebrews invites us:

*"Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need." Hebrews 4:16*

God's grace doesn't run out. It doesn't fluctuate with your performance. It doesn't wait for you to be perfect. It meets you exactly where you are and moves you forward into who God is making you to be.

## Grace Isn't an Excuse, It's Fuel

Some people fear...grace will make us lazy or careless. But real grace, God's grace, empowers change. It reminds us:

- You're not who you were.
- You're not defined by your worst moment.
- You're not walking this journey alone.

You may stumble, but grace says, "Get back up. Let's keep going."

*Lamentations 3:22-23 – "Because of the Lord's great love we are not consumed... his mercies never fail. They are new every morning."*

## God's Grace Is Personal

This isn't abstract. This is for you.

*John 1:16 – "Out of His fullness we have all received grace in place of grace already given."*

That means yesterday's grace was real, but today's is fresh. And tomorrow? More is coming. His grace doesn't run out. It runs after you.

## Your Story Is Not Over

This week has stirred deep things. Maybe some of them hurt. Maybe some surprised you. But every bit of it has led here:

- To grace.
- To the foot of the cross.
- To the open arms of Jesus saying, "Let's walk forward together."

## Reflection & Challenge

- Where have you been trying to earn your way forward?
- What would it look like to receive God's grace in that place instead?
- Ask God today to give you fresh grace to walk in freedom.

## Freedom Confession

"I walk in grace, not guilt. I walk in truth, not shame. I walk with Jesus, and I'm not turning back."



# END OF WEEK 3: GROUP DISCUSSION TIME

Use these questions in your Freedom Group or personal reflection:

- What part of your past were you finally able to surrender this week?
- How did God meet you with grace, truth, or healing?
- What did you learn from Galatians 3?

You've come a long way, don't stop now. Week 4 is next!

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# WEEK 4: FREEDOM FROM SIN

## MAIN THEME

Sin isn't just breaking rules. It's choosing something over God and every time we do, it leads us away from freedom and into bondage.

## DAY 1: WHAT IS SIN (REALLY)?

Guiding Scripture | Romans 3:23, James 4:17

Let's talk about sin...not in a finger-pointing, shame-filled way...but in a real, honest, and freedom-focused way. Most people think of sin as a list of "don'ts." Don't lie. Don't steal. Don't sleep around. Don't be selfish. While that's not wrong, it's not the full picture.

At its core, **sin is any thought, action, or desire that puts something above God.** It's saying, "God, I know what You've said, but I'll choose my own way." Sometimes it's defiance. Sometimes it's distraction. Either way, it's deadly.

Romans 3:23 says we've all sinned. That means every single one of us knows what it feels like to drift from God's way and follow something else, whether it's lust, pride, control, anger, gossip, greed, or anything else.

But James takes it even deeper. He says if you know the right thing to do and don't do it, that's sin too.

So why does this matter?

Because sin is the root system of bondage.

You're not just dealing with fear, anxiety, addiction, insecurity, or shame...you're dealing with what caused them.

And sin always over-promises and under-delivers.

- It promises satisfaction, but leaves you empty.
- It promises control, but leaves you trapped.
- It promises freedom, but leaves you enslaved.

This is why Jesus didn't come just to forgive sin...He came to free us from its power.

## Reflection & Challenge

### 1. Be Honest with God

What sins have become normalized in your life...things you excuse, justify, or hide? Write them down. Name them. Not to shame yourself, but to bring them into the light where they can be healed.

### 2. Ask Yourself

What do I turn to when I feel:

- Lonely?
- Rejected?
- Insecure?

- Tired?
- Tempted?

Those patterns may be where sin has taken root.

### 3. Reflect on This

What lies has sin told you about where to find joy, love, worth, or peace?

## Freedom Confession of the Day

"I confess that sin has no place in the life God made for me. I was created for more. Jesus didn't just die to forgive me...He died to free me. I will no longer make peace with sin. I choose truth and freedom instead."

## Closing Prayer

Jesus, I've tried to manage my sin, hide it, or excuse it. But today, I admit that it's been getting in the way of the life You want for me. I've chosen other things over You, and I'm sorry. Thank You for Your mercy, and thank You for calling me into something better. Open my eyes to anything in my life that's pulling me away from You. I want to be free, not just from consequences, but from the grip of sin itself. Show me where to begin. In Your name, amen.

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## DAY 2: THE ENEMY'S STRATEGY TO ENTICE AND ENSNARE

Guiding Scripture | Genesis 3:1-6, James 1:14-15

Have you ever wondered why temptation can feel so convincing, even when you know it's wrong?

It's because the enemy of your soul is a master strategist. He doesn't tempt you with what you hate, he entices you with what you crave. And often, the craving itself isn't the issue. It's how he twists that desire into something destructive.

Let's go back to Genesis 3. Satan's first recorded words in Scripture weren't a command, they were a question. He asked Eve, "Did God really say...?" With that one question, he planted seeds of **doubt**. Doubt about God's truth. Doubt about God's character. Doubt about whether God was holding out on her.

He then moved to **distortion**...misrepresenting God's words to make obedience seem restrictive and sin seem freeing. And finally came **deception**...a lie masked as wisdom, a promise that doing things her own way would make her "like God."

And it worked.

Thousands of years later, the devil still uses the same three strategies:

1. **Doubt** - "Did God really say you shouldn't do that?"
2. **Distortion** - "It's not that big of a deal."
3. **Deception** - "This will make you feel better. You deserve this."

James 1:14-15 paints the picture clearly: sin starts as desire. It grows when we are enticed, like a fish lured by bait. The bait hides the hook, and before we know it, we're caught. The desire, once conceived, gives birth to sin. And if left unchecked, that sin leads to death...spiritual, emotional, and sometimes even relational or physical.

This is why awareness is crucial. You can't resist what you can't see. The enemy doesn't show up in red with horns and a pitchfork...he comes dressed like comfort, success, control, or pleasure. His whispers sound a lot like your own voice and often appeal to your deepest needs.

But here's the good news: You are not powerless. Jesus was tempted in every way and yet was without sin (Hebrews 4:15). And His Spirit now lives in you. That means you can recognize temptation, reject the lies, and walk in truth.

You don't have to take the bait.

### Reflection & Challenge

#### 1. Trace the Pattern

Think of a recent moment you gave into temptation. What was the progression? What lie did the enemy use to entice you?

#### 2. Identify Your Triggers

What situations or emotions make you most vulnerable to sin? (e.g., stress, boredom, isolation, fatigue)

#### 3. Name the Bait

What does the enemy use most often to lure you away from God's best? Write it down. Then declare, "I see it now...and I won't take the bait."



# DAY 3: THE PATH TO REPENTANCE AND RESTORATION

Guiding Scripture | 1 John 1:9, Acts 3:19

Let's be honest, most people don't love the word "repent." It sounds harsh. Heavy. Like something shouted on a street corner by someone wagging a finger.

But repentance, as Jesus defines it, is not about shame. It's not about groveling or earning your way back to God. It's about turning.

The Greek word used in the New Testament for repent is metanoia, which means "a change of mind." It's when you realize the road you're on is leading to death, and you turn around and come home.

That's it. Repentance is the pivot that brings you back to freedom.

When you've been trapped in sin, the path to restoration isn't complicated, it's simply this:

- **Confess** what's true
- **Turn** your heart back to Jesus
- **Receive** His grace

1 John 1:9 says that if we confess our sins, God is faithful..not hesitant, not reluctant, but faithful...to forgive and cleanse us. Not just from the thing we confessed, but from all unrighteousness. That means we don't just get forgiveness; we get a clean slate.

And Acts 3:19 says that when we repent and turn to God, times of refreshing come. Think about that: real repentance leads to real relief.

But let's be clear repentance is more than just saying "I'm sorry." It's about naming what's been off, agreeing with God about it, and actively choosing a new direction. Repentance takes courage because it requires honesty. But it also brings incredible freedom.

Maybe you've felt stuck in the cycle of sin:

- Conviction » Guilt » Shame » Hiding » Repeating

That's not repentance. That's just religion and regret.

Repentance breaks the cycle. It shines a light on the sin, rejects the shame, and walks into grace. You don't have to fix yourself. You just have to face the truth and let Jesus restore you.

Remember: there is nothing you've done that can't be forgiven, and no distance you've traveled that's too far to return from.

God's heart isn't crossed arms waiting for an apology. It's open arms ready to embrace you. That's the path of repentance...and it always leads home.

## Reflection & Challenge

### 1. Be Honest with God

What sins do you need to confess today? Write them out. Don't edit or justify. Just be real.

### 2. Picture the Turn

Where do you feel distant from God? What would it look like to "turn" toward Him again today?

### 3. Receive the Promise

Read 1 John 1:9 aloud and insert your name:

*"If [Your Name] confesses their sin, He (God) is faithful and just to forgive and cleanse..."*

Say it until you believe it.



# DAY 4: REPLACING SIN WITH TRUTH

Guiding Scripture | Ephesians 4:22–24, Romans 12:2

Here's a hard but freeing truth: repentance alone doesn't lead to lasting change unless it's followed by renewal. Imagine trying to clean out a mold-infested room but leaving the humid, leaky conditions exactly the same. You'll be back to square one in no time. The same is true spiritually, if you confess sin but never confront the thoughts that led you there, the pattern will return.

That's why Paul doesn't just say "put off" your old self in Ephesians 4, he says to "be made new in the attitude of your minds" and then to "put on" the new self.

In other words, transformation is twofold: put off the old... and put on the new.

Sin thrives in the soil of deception. Behind every sinful behavior is usually a deeply rooted lie:

- "I need this to feel okay."
- "God's holding out on me."
- "I'm too far gone anyway."
- "This is just who I am."

And here's the thing: it's not enough to just stop believing the lie. You have to replace it with truth.

Romans 12:2 calls this the **renewing of your mind**, retraining your thinking to align with God's reality, not your old reactions.

Renewal isn't passive. It takes intention, repetition, and time.

Think of your mind like a path through a forest. Every time you believe and act on a thought, it's like walking that trail. Over time, it becomes well-worn, easy to follow.

Sin patterns are like those old, familiar trails. But when you begin replacing lies with truth, you start carving out new ones. At first, they feel clumsy and unnatural. But walk them long enough, declare truth, meditate on Scripture, act in obedience, and eventually they become your new default.

Freedom comes not just when you break the habit of sin, but when you build the habit of truth.

So don't just focus on what to say no to. Ask God what truth He wants you to say yes to. Because the best way to shut the door on sin is to fill your mind with something better: the truth that sets you free.

And the good news? You're not doing this alone. In **Week 5**, we'll dive even deeper into how to tear down strongholds of deception and rebuild your life on the unshakable standard of God's truth. What you start today, recognizing and replacing lies, you'll keep growing into next week.

## Reflection & Challenge

### 1. Name the Lie

Think of a recurring sin or struggle. What lie does it hinge on? Write it down.

### 2. Find the Truth

What does God say instead? Search Scripture (or ask someone you trust). Write out a verse that directly speaks to the lie.

### 3. Take a Step

Choose one way to practice that truth today. Speak it, declare it, or act on it, even if you don't feel it yet.



# DAY 5: LIVING FREE FROM SIN'S GRIP

Guiding Scripture | Romans 6:6–14

If you've ever said, "I just can't change," you're not alone. Most people trying to break free from sin hit a wall, not because they lack desire, but because they forget what's already been done.

Romans 6 reminds us of something radical: when Jesus died, your old self died with Him. When He rose, you were raised to a new kind of life, one where sin is no longer in charge.

It's not just that you've been forgiven for your sin (though you have). It's that **you've been set free from sin's rule** over your life. You no longer belong to your past. You no longer have to obey that old master. You've been transferred, out of darkness and into light, out of slavery and into sonship.

But freedom only works if you believe it and walk in it.

Paul doesn't say, "Try really hard not to sin." He says, "*Count yourselves dead to sin but alive to God.*" (v.11)

That word "count" means to believe it's true. To act like it's real.

Because it is.

Sin may still tempt you. You may still stumble. But the difference now is this: **you're not a slave to it anymore.**

You don't have to obey lust.

You don't have to lash out in anger.

You don't have to run to addiction.

You don't have to hide in shame.

You've been given a new nature, and that nature is powered by grace, not guilt. You've been equipped with the Holy Spirit, who convicts, empowers, and reminds you that you're not alone in this fight.

And that's what this is, a fight.

Walking in freedom doesn't mean you never struggle. It means you struggle with a new power, a new perspective, and a new identity.

You are no longer the addict. No longer the angry one. No longer the failure.

You are a new creation in Christ (2 Corinthians 5:17), and it's time to start living like it.

Let this be the day you draw a line in the sand. You may still feel weak, but you are not powerless. The grip of sin is broken. Grace is in control now.

## Reflection & Challenge

### 1. What Lies Still Linger?

Are there areas in your life where you still feel like sin is your master? Write them down.

### 2. Tell the Truth

Underneath each one, write a truth from Scripture that speaks to your new identity in Christ.

### 3. Take One Bold Step

What's one action you can take today that aligns with the freedom you've been given? (Set a boundary, confess to someone, say no to temptation, or start a new rhythm.)

## Freedom Confession of the Day

"Sin is not my master. I've been set free by the grace of Jesus. I walk in power, not shame, in truth, not lies. I am not who I was. I am alive to God, and dead to sin."





# WEEK 5: DOWN WITH THE STRONGHOLDS, UP WITH THE STANDARD

## MAIN THEME

Strongholds are spiritual lies rooted in the mind that shape how you live and what you believe. You can't fight them with willpower alone...you need God's truth and the power of the Spirit

## DAY 1: IDENTIFYING THE STRONGHOLD

Guiding Scripture | 2 Corinthians 10:3-5

Not all battles are visible. Some of the most vicious ones are waged in silence, in the places no one sees: your mind, your heart, your memories, your identity.

That's why this week is so important.

You've already started breaking free from sin, but for many of us, the deeper issue isn't just the behavior, it's the beliefs that gave sin its power in the first place. These beliefs are called strongholds, spiritual fortresses built on lies that resist God's truth.

Paul addresses this in 2 Corinthians 10: "We don't wage war the way the world does." In other words, the fight you're in isn't primarily emotional, relational, or even physical, it's spiritual. And if you want to win it, you have to use spiritual weapons.

A stronghold is more than a bad habit or a sinful moment. It's a repeated lie you've come to believe so deeply, you start building your life around it:

- "I'll never be free."
- "I'm not lovable."
- "This is just who I am."
- "I have to control everything or it will fall apart."
- "God helps others, not me."

Those aren't just random thoughts. They're strongholds, false beliefs that have taken up residence in your mind, heart, and soul. And until you confront them, they will keep you from experiencing the full freedom Jesus already purchased for you.

Here's the good news: God doesn't just expose strongholds, He gives you authority to tear them down.

Verse 4 says, *"The weapons we fight with... have divine power to demolish strongholds."* That means you're not powerless. You've been given the Spirit of God, the Word of truth, and the authority of Jesus to stand firm and start a demolition project in your soul.

This is not a battle of behavior modification. It's a battle for truth.

And you can't win spiritual battles with flesh-and-blood effort. You win by bringing lies into the light, taking every thought captive, and making it obedient to Christ.

This week, we're not just going after surface change, we're going after the roots. It might be uncomfortable. But it will be worth it.

Freedom isn't just about what you walk away from, it's about what you tear down so God can rebuild something better.



## DAY 2: TEARING DOWN THE LIE

Guiding Scripture | John 8:44, John 8:32

Strongholds don't collapse just because you recognize them. They fall when you confront them with truth.

In John 8, Jesus calls the devil the "father of lies." That's a big title. It means every lie ever whispered into your heart, about your worth, your past, your future, your identity, originates from him.

And here's how it works: he rarely screams. He whispers.

"You're always going to struggle with this."

"You're not worth loving."

"You'll never be as strong as they are."

"God forgives others, but not what you did."

And over time, those lies build walls. And those walls become fortresses, strongholds.

But here's what makes this different from just "positive thinking" or motivational self-help: Jesus doesn't say, "Try harder to believe in yourself." He says, "Know the truth, and the truth will set you free."

Freedom doesn't come from ignoring the lie. It comes from naming it, rejecting it, and replacing it.

That's why **Scripture is your weapon**.

The Word of God isn't just a book, it's your sword (Ephesians 6:17). And it was Jesus' weapon of choice in His own spiritual battles. When Satan tempted Him in the wilderness, He didn't argue or reason. He responded with, "It is written..."

The same is true for you. You must speak truth to the lie, out loud, clearly, and regularly.

Let's say the lie is: "I'm always going to be a failure."

You fight back with:

- Romans 8:37 – *"In all these things we are more than conquerors through Him who loved us."*
- Philippians 1:6 – *"He who began a good work in me will carry it on to completion."*

The truth isn't just information, it's transformation. It tears down what was false so God can rebuild something true.

Tearing down strongholds isn't a one-time event. It's a daily demolition. You don't just remove a brick, you gut the foundation. And the foundation of every stronghold is always a lie.

So start swinging. Truth is your wrecking ball. And freedom is on the other side of the rubble.

### Reflection & Challenge

#### 1. What's the Lie?

Write down a lie you've believed, about God, yourself, or others.

#### 2. What's the Truth?

Find one or two scriptures that directly confront that lie. Write them where you'll see them daily.

#### 3. Declare It

Say the truth out loud. Not once. Make it a rhythm. Speak it over your life today, even if you don't feel it yet.

### Freedom Confession of the Day

"I will no longer live by lies. I expose the enemy's voice and replace it with God's truth. Every time I speak truth, the stronghold gets weaker."

# Closing Prayer

Father, I see now that the lies I've believed have shaped the way I think, feel, and live. But I don't want to live that way anymore. Help me see clearly, what's from You and what's from the enemy. Give me a hunger for Your Word and the courage to speak it over my life. I trust that every lie can fall when I hold on to truth. Tear down what needs to go, and build in me a mind and heart grounded in Your promises. In Jesus' name, amen.

20 horizontal lines for writing.

## DAY 3: CHOOSING A NEW STANDARD

Guiding Scripture | Psalm 119:105, Isaiah 55:8-9

Tearing down strongholds is only half the battle.

If you don't replace what came down, something else will try to move in. And if you've lived with a lie for a long time, it probably felt "normal." Which means replacing it won't feel natural, not at first.

But freedom isn't built on feelings. It's built on truth.

Psalm 119 says God's Word is a lamp to your feet, a light that shows you where to step, even in the dark. It becomes your new compass, your new foundation, your new filter for everything.

So what exactly does it mean to choose a new standard?

It means you decide, once and for all, that what God says is more trustworthy than what:

- You think
- You feel
- Your past says
- Culture says
- The enemy whispers

Isaiah 55 reminds us that God's thoughts are higher than ours. His ways aren't like ours, they're better. That doesn't mean they're always easier. But it does mean they're always right.

And here's the truth: Everyone has a standard.

For some, it's comfort.

For others, it's control, or success, or survival, or whatever keeps the pain away.

But God invites you to upgrade your standard from survival mode to truth mode, to make His Word your go-to in every decision, every battle, and every identity-shaping moment.

This is the difference between a fragile faith and a rooted one.

A fragile faith shifts with circumstances. A rooted faith stands firm, even when feelings scream something different.

Jesus says in Matthew 7 that those who build their lives on His words are like a wise builder who built on rock. The storm still comes, but the house doesn't fall.

That's the goal: a freedom that doesn't crumble under pressure.

You've torn down the lie. Now it's time to plant the truth and let it grow strong.

### Supporting Scriptures for "Choosing a new standard"

*Romans 12:2 – "Do not conform to the pattern of this world, but be transformed by the renewing of your mind..."*

Reminds us that transformation begins in the mind. New patterns start with new thinking aligned to God's truth, not culture or past pain.

*Ephesians 4:22-24 – "Put off your old self... to be made new in the attitude of your minds; and put on the new self, created to be like God..."*

Lays out the daily pattern of shedding the old and stepping into the new. It's not just behavior change, it's identity realignment.

*Colossians 3:1-3, 10 – "Set your minds on things above... you have taken off the old self... and have put on the new self, which is being renewed..."*

Encourages a mindset shift that empowers us to live differently, intentionally, spiritually, and eternally focused.

*2 Corinthians 10:5 – “We take captive every thought to make it obedient to Christ.”*

New patterns require discipline in our thought life. We don't let lies run wild, we train our minds to follow Jesus.

*Philippians 4:8-9 – “...think about such things... whatever you have learned or received... put it into practice. And the God of peace will be with you.”*

Paul doesn't just say “think better”, he says live it out. Peace comes as we practice what we've learned.

*Hebrews 12:1-2 – “...let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance...”*

New patterns require endurance and intentional letting go. Our eyes stay fixed on Jesus as we press forward.

*1 Timothy 4:7-8 – “...train yourself to be godly. For physical training is of some value, but godliness has value for all things...”*

Building godly habits is like training at the gym, spiritual reps shape our soul. Discipline has eternal value.

*James 1:22-25 – “...do not merely listen to the word... do what it says... whoever looks intently... and continues in it... will be blessed.”*

Lasting freedom comes when we move from knowledge to action, from hearing truth to living it out.

## Reflection & Challenge

### 1. Identify Your Current Standard

What have you used as your guide up to this point? (Feelings? Past experiences? Culture? Pain?)

### 2. Name God's Better Standard

What truth from Scripture needs to become your new “go-to” when life gets hard? \*See Supporting Scriptures for “Choosing a new standard” for a few examples to start with.

### 3. Make It Visible

Write that truth somewhere you'll see it daily, a mirror, phone lock screen, dashboard, etc.

## Freedom Confession of the Day

“God's Word is my new standard. I won't live by emotion, fear, or lies. His truth lights my path and defines who I am.”



# DAY 4: BUILDING NEW PATTERNS

Guiding Scripture | Romans 6:13, Galatians 5:25

Let's be real: tearing something down can feel powerful. Ripping out the lies, calling out the strongholds, and finally saying "no more" is a bold, freeing move. But once the walls are down, what comes next?

Rebuilding.

And not just a patched-up version of what used to be, something entirely new. A new mindset. A new rhythm. A new way of living rooted in truth.

Romans 6:13 gives us a practical picture of this: *"Don't offer any part of yourself to sin... but rather offer every part to God."* That means your thoughts, your words, your habits, your time, your desires, everything. Why? Because *what you give your attention to shapes your direction.*

You didn't just fall into the old patterns, you built them over time, often unknowingly. The same is true for the new ones. Freedom isn't about a flash of inspiration; it's about **intentional, consistent transformation.**

That's why Galatians 5:25 is so encouraging. "Keep in step with the Spirit." Not sprint. Not strive. **Step.** Daily movement in the direction of grace. And every step creates a pattern, a path your heart begins to follow more naturally over time.

So what do these new patterns look like?

They might be as simple as:

- Starting your morning in the Word before you open social media or email.
- Replacing self-criticism with Scripture declarations.
- Choosing prayer instead of panic when stress hits.
- Asking for help instead of isolating in shame.
- Confessing quickly when you slip up instead of spiraling.

Every time you choose the Spirit over the flesh, truth over lies, discipline over default, you're pouring concrete into the foundation of a free life.

But this takes intention. You won't drift into freedom. You build it, brick by brick, with small daily choices. And the good news? God doesn't just expect you to build it alone, He empowers you by His Spirit to walk it out.

So today is about more than reflection, it's about reconstruction. Your old habits served the old you. It's time to build something that aligns with who you are now in Christ: forgiven, free, and full of purpose.

## Reflection & Challenge

### 1. Identify One Old Pattern

What is one behavior, reaction, or rhythm that reinforced your old identity or stronghold?

### 2. Replace It with One New Step

What's one daily habit or action you can begin that supports your freedom? Make it small, clear, and realistic.

### 3. Commit in Prayer

Write a short prayer offering this new pattern to God. Ask Him to strengthen your consistency and multiply the impact.

## Freedom Confession of the Day

"My freedom is more than a moment, it's a lifestyle. I am building a new life, one step at a time, in rhythm with the Spirit of God."



# DAY 5: DECLARING A NEW IDENTITY

Guiding Scripture | 2 Corinthians 5:17, Ephesians 2:10

This week has been about tearing down strongholds, exposing lies, choosing a new standard, and building new patterns. But if you don't settle one thing deep in your soul, it will all start to crumble:

**You are not who you used to be.**

2 Corinthians 5:17 doesn't say you're *becoming* a new creation. It says you *are* one. Right now. The old is gone. The new has come.

But here's the challenge: your feelings may not have caught up yet. And the enemy will keep trying to convince you you're still the same old person with the same old baggage.

That's why today's focus is so important.

There's power in your words. Proverbs 18:21 says, "The tongue has the power of life and death." What you speak over yourself matters. What you declare begins to shape what you believe. And what you believe shapes how you live.

So the goal today is to **replace the labels you once carried**, broken, dirty, angry, addict, anxious, lost, failure, with the labels Jesus gave you: loved, redeemed, strong, forgiven, chosen, free.

This is not pretending. This is not self-help. This is **truth in action**.

Ephesians 2:10 calls you God's workmanship, His masterpiece. That means you're not a mistake, not an accident, not an afterthought. You are custom-designed by the Creator of the universe, filled with purpose, and empowered by His Spirit.

The more you declare that, the more your life starts to reflect it.

When Jesus was tempted in the wilderness, Satan attacked His identity: "If You are the Son of God..."

And Jesus responded, not with feelings, but with **Scripture**.

He didn't *defend* His identity. He *declared* God's truth.

You are going to need to do the same.

Not just today, but often.

Your freedom will grow in proportion to how confidently you own your identity in Christ. You are not trying to become someone new, you *already are*. Now it's time to speak it and walk in it.

## Reflection & Challenge

### 1. Old Labels

What are 2-3 labels or identities you've believed that are no longer true?

### 2. New Declarations

Find a Scripture-based identity truth to replace each one. (Use 2 Corinthians 5:17, Ephesians 2:10, Romans 8:1, Galatians 2:20, etc.)

### 3. Say It Out Loud

Declare your new identity today. Speak it in the mirror, write it on a card, or record it as a reminder. Let your voice lead your heart.

## Freedom Confession of the Day

"I am not who I was. I am a new creation in Christ. The old is gone, the new has come. I will speak truth over my life until I live fully in the freedom Jesus purchased for me."





# WEEK 6: WALKING IN FREEDOM

## MAIN THEME

Freedom doesn't come from a one-time moment. It's cultivated daily through your connection with Jesus. The goal isn't perfection, it's consistency in walking with Him.

## DAY 1: FREEDOM IS A DAILY WALK

Guiding Scripture | Galatians 6:7-9, John 15:4

Real freedom is often quieter than we expect. It doesn't always show up in fireworks or dramatic breakthroughs. Sometimes, it looks like a person who chooses to stay close to Jesus, again and again, even when life is busy, hard, or ordinary.

That's why this week matters so much.

Freedom isn't just about what you've been set free from. It's about what you're learning to walk into. And walking, by definition, is daily, steady, and intentional.

Galatians 6 reminds us that we reap what we sow. That means the choices you make, especially the small, daily ones, determine the harvest you experience. If you sow to the flesh, Paul says, you reap destruction. But if you sow to the Spirit, you reap life. Not just someday, but now.

This is where new rhythms come in.

We're not talking about rules or religious performance. We're talking about **relational rhythms**, daily ways of connecting with Jesus that keep your soul aligned with His truth and love.

Here's why that's important: your freedom is constantly under pressure. The world, your flesh, and the enemy are all working to drag you back into old ways of thinking, reacting, and living. You can't drift into freedom. You have to walk in it, step by step, choice by choice.

Jesus said, "Remain in Me." He didn't say visit occasionally. He said stay close, stay connected. Because when you remain in Him, His life flows into you. His Spirit empowers you. And your roots grow deep, so when life hits (which we'll talk more about next week), you won't fall apart.

So what does walking in freedom look like?

It looks like:

- Starting your day with truth instead of fear or distraction.
- Checking in with the Holy Spirit before reacting.
- Talking to Jesus like a friend throughout your day.
- Feeding your mind with the Word instead of worry.
- Practicing rest, gratitude, and quiet with Him.

These rhythms aren't rules to earn God's love. They're ways to stay close to the One who already gave it.

The more you sow to the Spirit, the more freedom becomes your default. And just like Galatians 6 says, if you don't give up, you will reap a harvest.

Read the article ***You Don't Drift Into Relationship*** here:



**Reflection & Challenge**

**1. What Are You Sowing?**

Think about your last few days. What have you been planting, truth or distraction? Spirit or self?

**2. Create One New Rhythm**

What's one simple way you can connect with Jesus daily, starting today? (Scripture, silence, prayer, journaling, worship)

**3. Make It Stick**

Choose a time and place where you'll commit to showing up with Jesus this week. Write it down.

**Freedom Confession of the Day**

"I don't just want a moment of freedom, I want a lifestyle. I will walk in freedom daily, staying close to Jesus and sowing to the Spirit."

**Closing Prayer**

Jesus, I want to remain in You, not just when things are dramatic, but in the small, daily places. Help me build rhythms that keep me close to You. Give me eyes to see where I've been sowing into things that don't bring life, and the courage to start sowing in the Spirit instead. I trust that as I walk with You daily, You will grow freedom in me that lasts. In Your name, amen.

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## DAY 2: STAYING CONNECTED TO THE SOURCE

Guiding Scripture | John 15:5, Galatians 6:8

Imagine a branch laying on the ground, disconnected from the tree it once grew from. It might still look healthy for a little while, but it won't last. No matter how strong it used to be, **if it's not connected to the source, it can't thrive.**

That's the picture Jesus gives us in John 15. He says, "I am the vine, you are the branches." It's simple and powerful. He's the source. We're the extension. We don't create fruit on our own, we **bear** it as we stay connected to Him.

Freedom works the same way. You can have a powerful encounter with God, experience a breakthrough, or even gain victory over a specific sin, but if you try to maintain that victory apart from Jesus, it won't last.

Because the fruit of freedom, peace, self-control, love, joy, wisdom, only grows when you stay plugged into the Vine.

That's why yesterday we talked about daily rhythms. Not because they make you more spiritual, but because they keep you connected to the Source of your spiritual life. The enemy doesn't just want you to sin, he wants you to disconnect. Because the longer you stay disconnected, the easier it is to fall back into old patterns.

Galatians 6:8 echoes this: when you sow to the Spirit, when you invest in that connection with God, you reap life. But sowing to the Spirit isn't about being perfect. It's about being present with Jesus.

- Present in the quiet moments when you open His Word.
- Present when you pause to pray before a big meeting or a tense conversation.
- Present when you choose worship over worry.
- Present when you remember you don't walk through your day alone.

You don't have to earn God's presence, it's already promised.

But you do have to stay connected to experience the strength that flows from it.

So today, ask yourself: What keeps me connected to Jesus? And what keeps pulling me away?

When you know where the power is coming from, you stop trying to manufacture your own. You simply stay connected, and watch Him bear fruit in you that you couldn't produce on your own.

Read the article ***Master Class with Jesus*** before moving into Reflection & Challenge here:



### Reflection & Challenge

#### 1. Evaluate Your Connection

Do you feel more like a branch growing fruit or one that's been disconnected lately? Why?

#### 2. Identify Your Source Blockers

What's one thing that tends to pull you away from connection with Jesus? What's one way you can guard against it?

#### 3. Stay Present

Take 5 minutes today, no agenda, no noise, just to be present with Jesus. Invite Him to fill you again.

### Freedom Confession of the Day

"I don't walk alone. Jesus is my source and my strength. I will stay connected to Him, and through Him, I will bear the fruit of freedom."



# DAY 3: CHOOSING FREEDOM OVER FEELINGS

Guiding Scripture | Psalm 119:11, Philippians 4:6-7

Freedom isn't the absence of struggle, it's the ability to stand firm even when your feelings try to drag you back into it.

If you've ever woken up discouraged, anxious, or angry for no clear reason, you know how fast your emotions can shape your day. Feelings aren't evil, they're part of being human, but they make a terrible foundation for life. Especially spiritual life.

That's why today we're talking about two rhythms that help you walk in freedom, no matter how you feel: **prayer and time in the Word.**

These aren't check-the-box tasks. They're lifelines.

Psalm 119:11 says, "*I have hidden Your word in my heart that I might not sin against You.*" When God's Word is stored in your heart, it's available when the pressure hits. It's your compass when the fog rolls in.

But it doesn't happen automatically.

We need regular time in Scripture, daily, if possible, not just to learn about God but to *listen to Him*. His Word reminds us who we are, what's true, and how we're called to live.

Then there's prayer.

Philippians 4:6-7 doesn't say "don't feel anxious", it says bring your anxiety to God. Through prayer, you bring your burdens, questions, and fears into the presence of someone who's not shaken by them. And as you do, the peace of God begins to take the place of panic.

Prayer isn't a performance, it's a relationship. You don't need perfect words. You just need an honest heart. These two rhythms, Scripture and prayer, work together like rails on a track. They keep your life moving in the direction of freedom. When your feelings try to derail you, truth and conversation with God keep you grounded.

And the best part? These rhythms are available every day. Not because you *have to* do them, but because you get to stay connected to the One who holds your peace.

## Reflection & Challenge

### 1. Reflect Honestly

When was the last time you consistently spent time in the Word and in prayer? What's helped, or hindered, that rhythm?

### 2. Choose a Time

Pick a consistent time (even 10 minutes) for the next 3 days to read Scripture and talk to God. Write down your plan. Not sure where to start? Try one of these simple approaches:

#### The 5-5-5 Plan

5 minutes reading Scripture (start in Psalms, John, or Galatians)

5 minutes reflecting or journaling what stands out

5 minutes talking to God about it

#### Start with "Verse + Voice"

Read one verse (try the YouVersion Bible App "Verse of the Day")

Then take a moment to pray: "God, what do You want to say to me through this?" Listen. Reflect. Pray it back.

### **Choose a Psalm and Pray It Out Loud**

Read one Psalm each morning and personalize it into a prayer. For example, from Psalm 23:

“Lord, thank You for being my Shepherd. Lead me today. Remind me that You’re with me.”

### **Write and Speak a Daily Truth Prayer**

After reading Scripture, write one truth from what you read. Declare it out loud in prayer.

(“Jesus, You said I am free in You. I believe that today. Help me live like it’s true.”)

### **3. Ask God to Meet You:**

Write a short, honest prayer today that simply invites Jesus into your new rhythm. Don’t overthink it, just be real.

## **Freedom Confession of the Day**

“My feelings don’t define my faith. God’s Word is my truth. Prayer is my lifeline. I choose to walk in freedom, even when my emotions try to pull me away.”

## **Closing Prayer**

Jesus, thank You for being steady when I feel shaken. I confess that I’ve often let my emotions lead the way. But today, I want to return to what’s true. Help me make space for You through prayer and time in Your Word. Meet me there. Remind me who I am and help me live like it’s true, even when I don’t feel like it. In Your name I pray, amen.

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## DAY 4: FREEDOM GROWS IN COMMUNITY

Guiding Scripture | Galatians 6:2, Hebrews 10:24–25,

If you want to walk in lasting freedom, here's one thing you can't ignore: **you were never meant to do it alone.** You can fight hard. You can pray daily. You can memorize truth. But at some point, your strength will run out. And that's not weakness, it's by design.

From the very beginning, God looked at a perfect man in a perfect garden and said, "It's not good for him to be alone." (Genesis 2:18) If Adam needed relationship in paradise, how much more do we need it in a broken world?

Galatians 6:2 says we are to "carry each other's burdens." That means when you feel like falling back into shame, fear, or addiction, you need someone to grab your hand and remind you, "You're not going back. We're moving forward."

Biblical community isn't just about having friends, it's about having people who fight with you and for you. People who:

- Speak truth when you can't see it.
- Pray for you when you don't have words.
- Celebrate your progress.
- Call you out when you're veering off course.
- Remind you who you are in Christ.

You need that, and someone else needs you.

But community is only one part of this rhythm. You also need **worship and church.** Hebrews 10 challenges us not to give up meeting together. Why? Because gathering regularly with God's people recalibrates your heart. It reminds you that you're not the center, Jesus is.

Worship isn't about music, it's about focus. It's about lifting your eyes off the chaos and fixing them on the One who never changes. When you consistently gather with the Church, you build a rhythm that helps you:

- Hear the Word.
- Confess and receive grace.
- Stand beside others in faith.
- Respond to God with your whole life.

And when life hits hard (which we'll cover in Week 7), you'll need a tribe. You'll need the muscle memory of worship. You'll need the family of God, not as a backup plan, but as a built-in rhythm of strength.

Freedom thrives in relationships, vertical (with God) and horizontal (with others). Don't wait until you're in trouble to prioritize them. Build the rhythm now. It might just be what carries you when you can't carry yourself.

### Learn more about Why Community matters:

Read the article Why Community Matters here:



Learn more about Community offerings here:



## Reflection & Challenge

### 1. Evaluate Your Circles

Are you walking in real community, or mostly isolating? Who in your life helps you stay focused on Jesus?

### 2. Take One Step

- Join a group, connect, or other community at church.
- Text a trusted friend to check in regularly.
- Commit to attending church every weekend for the next month.

### 3. Engage in Worship Intentionally

Do you make attending church a priority in your weekly routine? If not, what needs to shift for you to do this?

## Freedom Confession of the Day

"I am not meant to walk alone. God gave me His people for strength, truth, and encouragement. I will stay connected and worship with purpose."

## Closing Prayer

God, thank You for not calling me to walk alone. Thank You for the gift of others, friends, mentors, pastors, and fellow believers. Help me stay connected, even when I feel like hiding. Teach me to give and receive truth, love, and grace through community. Help me show up in worship with a heart that's open, expectant, and surrendered. I want my rhythms to keep me close, not just to You, but to Your people. In Jesus' name, amen.

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# DAY 5: LIVING ON MISSION

Guiding Scripture | Galatians 6:9-10, Mark 10:45

You weren't set free just so you could breathe easier. You were set free so you could **step fully into the mission of Jesus**, to love God, love people, and bring hope into the darkest places. That's what living on mission is all about.

Freedom always invites us outward. The deeper you grow in your identity in Christ, the more naturally your life begins to overflow. It moves from "Jesus changed my life" to "Jesus can change yours too, let me show you what that looks like."

In Galatians 6:9-10, Paul encourages us not to grow weary in doing good. Why? Because mission is exhausting when it's rooted in guilt or pressure, but it becomes energizing when it flows from a heart that's experienced grace. The more you experience God's goodness, the more it changes how you see others.

And that's the invitation: **to make your everyday life a platform for mission.**

You don't have to go overseas. You don't need a stage or a spotlight. You just need eyes to see needs, hands willing to serve, and a heart that's available to be used by God.

Sometimes that looks like:

- Serving your church consistently, not just when it's convenient, but because you believe God uses your presence to bless others.
- Helping a neighbor, even when it interrupts your schedule.
- Sharing your story with someone who's going through what God once brought you out of.
- Volunteering your time, your voice, or your resources to help meet someone else's need.

Mark 10:45 reminds us that even Jesus, the King of the universe, came to serve, not to be served. So if we want to follow Him closely, we'll need to learn to live the same way.

The Flatirons article on *Living Missionally* says it best: "It's not about *doing* more, it's about *seeing* differently." It's about asking God to open your eyes to the people around you, the needs in your church, the opportunities in your neighborhood, and the pain in your city, and then having the courage to say yes when He prompts you to step in.

Freedom doesn't mean you're done, it means you're deployed. You're no longer stuck, you're sent.

Read the full article ***Living Missionally*** here:



## Reflection & Challenge

### 1. Where Are You Living on Mission?

Where in your life are you already showing up to serve or bless others?

### 2. Where Might God Be Inviting You Further?

Ask God: "Who around me needs help, hope, or encouragement?" Write down the name or group that comes to mind.

### 3. Take a Step

Serve someone today. Volunteer at church, pay for someone's meal, invite someone into your home, or offer help without being asked.

## Freedom Confession of the Day

"I was set free to live on mission. My life will reflect Jesus as I serve, give, and show up for others."





# WEEK 7: STANDING FIRM IN THE FIRE

## MAIN THEME

Freedom doesn't mean life gets easier. It means when life hits hard, you don't go back, you stand firm, anchored in the grace and strength of Jesus.

## DAY 1: WHEN LIFE HITS BACK

Guiding Scripture | Galatians 5:1, 1 Peter 5:10

Let's talk about the part no one likes to talk about: **what happens when life pushes back?**

Maybe you've been walking in freedom, new rhythms, new thoughts, a new identity, and then suddenly life throws a punch. A diagnosis. A broken relationship. A mistake you didn't see coming. A wave of depression or grief that knocks you off your feet.

And just like that, the momentum stalls. You feel stuck again. Alone. Afraid. And if you're not careful, you start to wonder:

"Was I ever really free to begin with?"

This is exactly why **Week 7 matters**.

Freedom in Christ is real. But so is resistance. And walking in freedom doesn't mean you'll never suffer or struggle again. It means that when pain shows up, you don't retreat back to old patterns. You don't go silent. You don't quit.

You **stand firm**.

Galatians 5:1 says, "It is for freedom that Christ has set us free. Stand firm, then..."

This wasn't just a suggestion, it was a *charge*. Paul knew the enemy would try to convince you that your past is your future and that freedom was just a phase.

But it's not.

Standing firm doesn't mean you won't feel overwhelmed. It means you've planted your feet on something unshakable: Jesus. And even when the winds howl, your foundation holds.

1 Peter 5:10 gives us hope for the storm. It says after you suffer *for a little while*, God Himself will **restore you**. He will **make you strong**. Firm. Steadfast.

But until then, how do you keep going?

You remember what you've been learning all along:

- You've been set free from shame, don't go back.
- You've learned to renew your mind, lean into truth.
- You've built rhythms of prayer, Scripture, and worship, don't abandon them now.
- You've surrounded yourself with community, ask for help.

And maybe most importantly, you recognize that pain isn't always punishment. Sometimes, it's the fire that refines your faith. Freedom isn't fragile. It's forged in the fire.

So today, if life is hitting hard, don't walk away from Jesus. Run toward Him. Anchor in Him. And stand.

## Reflection & Challenge

### 1. What's Hitting Back?

Name the struggle, pressure, or pain that's testing your freedom right now. (if no pressure now, think back to your last struggle or pain)

### 2. Anchor in Truth

Write down one verse or promise that you'll hold on to when things feel shaky. (Galatians 5:1 is a great start.)

### 3. Ask for Help

Reach out to a friend, mentor, or small group leader. Let them stand with you. You don't have to fight alone.

## Freedom Confession of the Day

"My freedom isn't based on my circumstances, it's based on Jesus. When life hits back, I will stand firm in His strength and truth."

## Closing Prayer

Jesus, life is heavy sometimes. I feel the pressure, the pain, and the temptation to retreat. But today, I choose to stand. Not in my own strength, but in Yours. Remind me of who I am. Anchor me in Your truth. When the fire comes, refine me, not define me. Thank You that freedom still stands, even in the storm. In Your name I pray, amen.

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## DAY 2: WHEN YOU FEEL ALONE

Guiding Scripture | Galatians 5:25, Psalm 34:18

Sometimes the fire of life isn't loud, it's quiet.

It's not the chaos of crisis. It's the slow, aching silence of feeling alone.

You might feel that today. Like you're walking through something no one sees, no one understands, and no one seems to be reaching for. Maybe you've tried to explain it, but the words don't come. Or worse, maybe you have explained it and were met with blank stares or shallow advice.

It's in those moments the enemy whispers:

- "You're on your own."
- "No one sees you."
- "Even God feels distant right now."

And if you've ever believed that voice, you're not weak, you're human. But here's what's true: **God has never once abandoned you.**

Psalm 34:18 says the Lord is *close* to the brokenhearted. Not indifferent. Not far off. Not waiting for you to pull it together. *Close.*

And Galatians 5:25 reminds us that we live by the Spirit. We don't walk alone, we walk with the Spirit of God living in us, guiding us, comforting us, and speaking truth even when we feel nothing.

But there's a reason Paul adds this: "Let us keep in step with the Spirit."

Because just like in a fire, it's easy to panic, to run, to isolate, to revert.

But when we choose to slow down, quiet ourselves, and take one step at a time with the Spirit, we find that God has been with us all along.

Maybe this is the fire you're walking through: **the test of isolation.**

- You lost someone.
- Your prayers feel unanswered.
- Your depression's louder than your joy.
- Your relationships feel fragile, or even fake.
- You show up in church, but you leave feeling invisible.

And in that place, the old patterns call out. The addictions. The anger. The shame. They promise relief, but they deliver chains.

Don't go back.

Instead, hold on to what's true: **you are not alone.**

Jesus said in John 14 that He would not leave us as orphans. His Spirit, your Helper, Advocate, and Comforter, is with you. And if God is with you, then isolation is a lie.

Today is about planting your feet again, not in feelings, but in faith. He is with you in the silence. He is for you in the shadows. And His presence is more than a feeling, it's a promise.

### Reflection & Challenge

#### 1. Name the Lie

What lie are you believing about your loneliness? Write it down.

#### 2. Replace it with Truth

Write out Psalm 34:18 or Galatians 5:25 somewhere visible. Let it remind you that God is with you.

**3. Reach Out**

Take one step of courage today, text a friend, schedule a coffee, ask someone to pray. Even a small reach can lead to healing.

**Freedom Confession of the Day**

"I am not alone. Even when I don't feel it, God is with me. I walk by the Spirit, step by step, even in the silence."

**Closing Prayer**

Father, thank You that You are close, even when I feel distant. I confess I've listened to the lie that I'm alone. But today, I choose to believe You are near. Remind me that Your Spirit is with me. Help me walk in step with You, even when I feel nothing. I trust that You see me, love me, and are leading me, through the fire and into freedom. In Jesus' name, amen.

Lined writing area for journaling or reflection.

## DAY 3: WHEN YOU'VE FAILED AGAIN

Guiding Scripture | Galatians 5:1, Romans 8:1

Let's be honest, nothing feels heavier than failing again in the same area you swore you'd never return to.

You knew better.

You were doing better.

And then, in a moment of stress, temptation, exhaustion, or apathy, you caved. You gave in.

And now the voice of shame is screaming:

"See? You haven't changed."

"You'll never be free."

"You're a fraud."

Sound familiar?

That voice is not from God.

Galatians 5:1 still stands: "*It is for freedom that Christ has set us free. Stand firm, then...*"

Paul doesn't say, "Stand firm, unless you mess up." He says, *stand firm*. That's your calling, especially after failure.

You see, the enemy wants you to believe that failure means you're disqualified. But the truth is, freedom doesn't mean you'll never fall again. It means you no longer *stay* down. You don't belong to your sin anymore. You belong to Jesus.

**Romans 8:1 makes it clear:** there is no condemnation for those who are in Christ. Not *less* condemnation. Not *eventual* condemnation. *None*. Why? Because Jesus paid for it all, even the parts you hate most about yourself.

But listen closely: **grace is not a free pass to keep sinning**. It's not an excuse to stay in failure. It's not soft on sin. Grace is stronger than that.

Grace says, "*I forgive you, now rise again.*"

Grace says, "*You're better than this, because you belong to Me.*"

Grace doesn't excuse your sin, it **empowers you** to get back up and fight for freedom again.

So what do you do when you fail again?

You don't pretend it didn't happen. You don't spiral in shame. You don't make promises in panic.

You come back to grace.

You repent.

You get honest.

You ask for help.

You receive forgiveness.

And you *stand again*.

This is how we walk in freedom. Not by avoiding failure perfectly, but by responding to failure differently.

Old you would run from God.

New you runs to Him.

Old you would isolate.

New you reaches out.

Old you would quit.

New you gets back up.

So if you've failed again, today isn't the end. It's another opportunity to fall into grace and rise in freedom.



# DAY 4: WHEN THE PAIN FEELS TOO HEAVY

Guiding Scripture | Galatians 5:1, Isaiah 43:2

One of the hardest places to hold on to freedom is when your body or mind is in pain.

Chronic illness. Fatigue. Disability. Anxiety. Depression. Panic attacks. Chronic pain. Mental fog. Sleepless nights. These are not abstract struggles, they are daily realities for many of us. And when your body feels broken or your mind feels overwhelmed, it can start to feel like you're failing spiritually.

"If I really trusted God, I wouldn't feel this way."

"If I were free, why am I still sick?"

"Why does God feel so far when I need Him most?"

Let's be clear: pain does not mean God has abandoned you. Illness doesn't mean you've failed. And struggling with depression or anxiety does not disqualify you from freedom.

Galatians 5:1 says it plainly: *"It is for freedom that Christ has set us free. Stand firm..."*

That freedom doesn't always show up in your physical circumstances, it starts in your spirit. You can be hurting in your body and still walking in freedom. Because your pain doesn't own you. Christ does.

Isaiah 43:2 reminds us that we're not promised a life without suffering, but we are promised the presence of God *in* our suffering. "When you walk through the fire... you will not be burned." That's not because the fire is weak, but because *God is strong*.

If you live with chronic pain or mental health struggles, know this: God sees you. He hasn't forgotten you. He's not waiting for you to get it together, He's walking with you in every moment, every flare-up, every appointment, every sleepless night, every panic spiral.

Freedom in this context means you no longer let the pain define your identity.

You are not just a diagnosis.

You are not your symptoms.

You are not weak, broken, or forgotten.

You are a child of God, filled with the Holy Spirit, and empowered to stand, even when standing looks like crawling.

You don't need to fake strength. You just need to lean on His.

And if all you can do today is whisper, "Jesus, help," that counts as standing firm.

## Reflection & Challenge

### 1. What's Hurting?

Name the specific physical or mental struggle you're walking through. Write it honestly in your journal or prayer journal.

### 2. Speak the Promise

Write out Isaiah 43:2. Then personalize it: "When I walk through [your pain], You are with me..."

### 3. Let Someone In:

Don't carry this alone. Ask someone you trust to pray with you or simply sit with you this week.

## Freedom Confession of the Day

"My body and mind may struggle, but my spirit stands firm in Jesus. I am not my pain. I am loved, seen, and held, even in this."



# DAY 5: WHEN IT FEELS UNFAIR

Guiding Scripture | Galatians 5:1, Psalm 73:26

Let's be real: life isn't fair.

People betray you.

Good people get sick.

Bad people get rich.

You work hard and get overlooked.

You pray and don't get the answer you hoped for.

And in the middle of it, you can't help but ask:

"Why, God?"

"Why them?"

"Why me?"

"Why now?"

Pain is one thing, but **injustice** is another. And when it feels like you're doing your best to follow Jesus and life just keeps falling apart, it's easy to start believing the lie:

"What's the point of trying?"

This is exactly why Paul wrote Galatians 5:1. "It is for freedom that Christ has set us free. Stand firm..."

Stand firm, when things go sideways.

Stand firm, when it feels unfair.

Stand firm, when others succeed while you struggle.

Stand firm, when the answers don't come.

Because freedom in Christ isn't based on fairness, it's based on faith. It's not built on outcomes, it's built on relationship. And the truth is, following Jesus doesn't mean you'll always understand what He's doing. It just means you trust that He's still good, even when life isn't.

Psalm 73 is one of the most honest chapters in Scripture about this tension. The writer wrestles with how the wicked seem to prosper while the faithful suffer. He's angry. Bitter. Exhausted. Until verse 26, when he declares:

"My flesh and my heart may fail, but God is the strength of my heart and my portion forever."

That's what standing firm looks like. Not pretending it doesn't hurt. Not glossing over the injustice. But choosing, right in the middle of it, to say, "God, You're still my portion. You're still enough."

If you're facing a situation right now that feels unfair, remember this: Jesus knows what that's like. He was falsely accused, beaten, betrayed, and crucified, and He never deserved any of it. He didn't deserve the cross. But He endured it, for you.

And now He walks with you through every "unfair" moment you face.

He won't always explain, but He will always be present.

## Reflection & Challenge

### 1. Where Does It Feel Unfair?

Name the situation, relationship, or outcome that's been hardest to accept. Be honest with God.

### 2. Anchor in Truth

Write down Psalm 73:26. Let it remind you that even when life fails you, God remains your strength.





# WEEK 8: LIVING THE FREEDOM LIFE

## MAIN THEME

Your freedom story doesn't end here, it starts here. Now you're invited to live it, share it, and multiply it by pointing others to Jesus.

## DAY 1: THIS IS JUST THE BEGINNING

Guiding Scripture | Galatians 5:1, Matthew 5:14,16

You've made it to Week 8, not as someone who's completed a workbook, but as someone who's beginning a new way of living.

This study wasn't about checking boxes or finishing a program. It was about learning how to live in the freedom Jesus purchased for you, freedom from shame, sin, the past, the lies, and the old life that used to define you.

Now comes the real question: **What do you do with that freedom?**

Galatians 5:1 still calls you to stand firm, but now you've learned how. And now you've also learned something more: freedom isn't just about staying free. It's about **sharing freedom**. Jesus didn't just save you *from* something, He saved you *for* something.

You are now invited to live your life on purpose, with intention, and with impact. You don't have to wait until you have a platform or title. You already have a testimony. Your story matters. Where you've walked matters. And someone needs what you now know.

That's why Jesus called His followers the **light of the world**. Not because we shine on our own, but because we carry the light of His truth, His freedom, and His love into dark places.

So what does it mean to live the freedom life?

- It means walking daily with Jesus, not perfectly, but consistently.
- It means using your time, talents, and story to love people and point them to Christ.
- It means making disciples, investing in others, just as someone invested in you.
- It means asking God, "Who around me needs hope, healing, or help?", and showing up.

Living free is not passive. It's not private. It's not safe. It's bold. It's outward. And it's deeply fulfilling.

So, as you look ahead, don't let this study be a spiritual high that fades. Let it be the spark that starts a new lifestyle. One where freedom isn't just something you hold, it's something you give away.

This isn't the end. It's the beginning.

## Reflection & Challenge

### 1. Celebrate the Journey

What has God done in your life over these last 7 weeks? Write down 2-3 areas where you've seen growth or healing.

**2. Ask the Bigger Question**

Who around you might need the same kind of freedom you've experienced? Write down their name.

**3. Take One Step**

Text them. Pray for them. Invite them to church. Ask them to coffee. Tell a piece of your story. Be the light.

**Freedom Confession of the Day**

"My freedom is not the end of my journey, it's the beginning of my mission. I will live boldly, love deeply, and share what Jesus has done."

**Closing Prayer**

Jesus, thank You for all You've done in me. Thank You that this isn't the end, it's the start of something new. I don't want to keep this freedom to myself. Use my life to reflect Your love, spread Your hope, and help others find the same healing and truth You've given me. Show me who to reach, where to go, and how to live with purpose. I want to live the freedom life. In Your name I pray, amen.

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## DAY 2: SHARING YOUR STORY

Guiding Scripture | Revelation 12:11, 1 Peter 3:15

There's a lie that many of us quietly believe:

"My story doesn't matter."

"It's too small. Too messy. Too unfinished."

"Other people have more powerful testimonies than I do."

But nothing could be further from the truth.

One of the most powerful tools you have to share Jesus is not a sermon, a verse, or a degree, it's **your story**. And not just the cleaned-up version. The real one. The one where Jesus met you in the mess, in the pain, in the failure, in the darkness, and pulled you into light.

Revelation 12:11 tells us that followers of Jesus overcome the enemy "by the blood of the Lamb and the word of their testimony." Think about that. Your story isn't just encouragement, it's a weapon. A weapon that tears down lies and invites others into truth.

Because when you share what Jesus has done in your life, how He's changed your mind, healed your heart, broken chains, restored your identity, you're not saying, "Look at me."

You're saying, "Look at Him."

1 Peter 3:15 challenges us to always be ready to explain the hope we have. That doesn't mean being polished or perfect. It means being **willing and honest**.

So what does that actually look like?

Start simple:

- What was your life like before walking in freedom?
- What lie or struggle used to define you?
- What changed when you began to trust Jesus?
- How do you see yourself, and live differently, now?

You don't need to share every detail. Just one clear moment, one way Jesus has changed you, can be enough to spark hope in someone else.

Remember: someone is praying for the breakthrough you've already experienced. Someone feels stuck in the chains you've seen fall. Someone is waiting to hear, "Me too."

When you stay silent, you keep your freedom to yourself.

When you share your story, you multiply it.

This week, don't just think about who needs Jesus. Ask: **who needs to hear what Jesus has done in me?**

Your story may be the key to someone else's freedom.

### Reflection & Challenge

#### 1. Write It Out

Take 15 minutes to write your story. Use these prompts:

- Before Jesus, I believed/lived like...
- Jesus met me when...
- Now, because of Him...



# DAY 3: INVESTING IN OTHERS

Guiding Scripture | 2 Timothy 2:2, Matthew 28:19-20

One of the clearest marks that you're living the freedom life is this: **you start thinking beyond yourself.**

Jesus didn't just rescue you from sin, He called you into purpose. He didn't just change your life so you could live comfortably. He set you free so you could help set others free.

That's the heart of discipleship.

In 2 Timothy 2:2, Paul writes to Timothy with a powerful challenge: take what you've learned and pass it on. Not just to anyone, but to *reliable people* who will pass it on to *others*. That's the biblical picture of multiplication. You don't have to reach thousands. You just need to invest in a few, and teach them to do the same.

This is the "go and make disciples" part of the Great Commission in Matthew 28. It's not a job for pastors only. It's for *all of us*. If you've received the truth of Christ, you are now responsible for sharing and multiplying it.

But don't let that intimidate you. Discipleship isn't about having all the answers, it's about walking with someone else as they grow in Jesus. It's showing up. It's listening. It's praying together. It's asking good questions. It's walking through Scripture side-by-side. It's helping someone else become more rooted in their identity in Christ.

You don't need a classroom or curriculum. You just need a relationship. A willingness to pour into someone else the same grace, truth, and encouragement you've received.

Who is one person you could start investing in?

- A younger believer at church.
- A friend who just gave their life to Christ.
- A coworker who's asking spiritual questions.
- A student, teammate, or family member looking for direction.

Discipleship is slow. It's messy. It's relational. But it's exactly how the Kingdom of God grows. One relationship at a time.

You've spent weeks discovering the awesome life of Christ. Don't keep it to yourself. Give it away, intentionally, consistently, relationally.

## Reflection & Challenge

### 1. Who Invested in You?

Think about someone who helped you grow in your walk with Jesus. What did they do that made an impact?

### 2. Who Can You Invest In?

Ask God to bring one name to mind, a person you can encourage, support, or help grow spiritually.

### 3. Make the First Move

Text or call that person. Invite them to coffee. Ask if they want to read Scripture together, pray weekly, or talk through life with Jesus.



## DAY 4: A NEW WAY TO LIVE

Guiding Scripture | Romans 6:4, Galatians 5:25

Freedom is not a one-time breakthrough, it's a new way of life. It means choosing to live differently every day, empowered by the Spirit, led by truth, and defined by who Jesus says you are.

You weren't just saved from something, you were saved for something. Freedom isn't just what you received. It's now the **foundation of the life you live**.

That's what Paul is saying in Romans 6:4. When you trusted in Christ, your old self died with Him, and you were raised into something new. Not a slightly improved version of yourself, but a completely new creation. A new way of thinking, reacting, relating, and living.

But that new life doesn't run on autopilot. You don't drift into freedom, you choose it. One day at a time. One decision at a time. One act of obedience, surrender, or faith at a time.

That's why Galatians 5:25 reminds us to "keep in step with the Spirit." You already have the Spirit. Now your job is to walk in sync with Him. To let Him guide your choices, shape your priorities, and transform your rhythms.

This is what it means to **live the freedom life**:

- You don't live for approval, you live from it.
- You don't chase your old desires, you walk in new purpose.
- You don't react from emotion, you respond from identity.
- You don't wake up trying to survive, you wake up on mission.

This new life isn't rule-based. It's relationship-based. You're not performing to earn love. You're living from the overflow of God's love.

Read the article ***Religion vs. Relationship*** here:



So what does it look like practically?

It looks like spending time with Jesus because you want to know Him.

It looks like setting boundaries because your peace matters.

It looks like forgiving because you've been forgiven.

It looks like serving, giving, encouraging, and building others up, not to impress God, but to reflect Him.

And here's the beauty of it all: the more you walk in this new way of life, the more you realize, **this is what you were made for**. It's not perfect. It's not easy. But it's free. And it's full.

So don't look back. Don't shrink back. You've been raised into something better. Walk in it. Own it. Live it.

### Reflection & Challenge

#### 1. Identify the Shift

What's one way your mindset or daily choices have changed since walking in freedom?

#### 2. Choose One New Rhythm

What's one practical step you can take this week to keep in step with the Spirit? (A new habit, a boundary, a surrender)

**3. Declare Your New Life**

Write down 2-3 "I used to... but now..." statements that reflect your transformation.

**Freedom Confession of the Day**

"I'm not who I used to be. I'm living a new life, rooted in Christ, led by the Spirit, and marked by freedom."

**Closing Prayer**

Jesus, thank You that freedom isn't just something I experienced, it's something I now live. Help me walk in step with You each day. Remind me that this new life isn't about striving, but about surrender. Make my thoughts, choices, and priorities reflect who I am in You. Teach me to live the freedom life, not just for a moment, but for the rest of my life. In Your name, amen.

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## DAY 5: LIVING IT FORWARD

Guiding Scripture | 2 Corinthians 5:20, Galatians 5:13

You've walked through eight weeks of truth, grace, healing, conviction, and spiritual power. You've experienced what freedom looks and feels like. But now comes the most important part of the journey: **what you do with it.**

Because real freedom doesn't settle. It *moves forward*. It *multiplies*.

Galatians 5:13 reminds us that we're not just called to be free for our own benefit, but to use that freedom to **serve one another humbly in love**. In other words, freedom becomes its fullest when we live it *outward*, not by indulging old habits or hiding in safety, but by stepping into a life of mission and impact.

And that's where 2 Corinthians 5:20 hits home: "*We are therefore Christ's ambassadors...*"

That's who you are now.

You don't just represent your story, you represent His story.

You don't just carry healing, you carry hope.

You don't just stand in freedom, you bring freedom with you wherever you go.

Living it forward means:

- Using your voice to speak truth where there are lies.
- Serving others with compassion and humility.
- Loving people not just when it's easy, but when it's messy.
- Looking around and asking, "Who needs what I've received?"

It means showing up, at home, at work, in your church, on your street, not as a perfect Christian, but as a *free* one. One who's real. One who's grounded. One who carries the Spirit of God into everyday places.

And the best part? You don't do this alone. The Spirit walks with you. Your story backs you. The Word equips you. And God's grace sustains you, every single day.

So live it forward. Not just as someone who once did a Bible study, but as someone whose life now looks different because of Jesus.

Read the article ***Free People Free People: Using Your Freedom to Love*** before moving into Reflection & Challenge here:





## This is a Big Deal

If you've made it to this page, don't rush past that.

Finishing this study matters.

This isn't just something you completed, it's something God has started. This is the beginning of a new chapter in your journey toward freedom.

Toward truth.

Toward walking daily with Jesus instead of dragging old chains behind you.

And we'd love to celebrate that with you.

If you've completed this study, **visit our website here** and let us know so we can celebrate with you.



Freedom is real, Jesus is faithful, and your story matters.

You didn't just read words on a page.

You stepped into a fight worth fighting.

You are free.

And free people free people.

Now go live it.

## A Word of Thanks

This study didn't come together by accident.

It was prayerfully curated, developed, and written by Josh Sanchez and Mark Jenkins, pastors at Flatirons Community Church, with one clear hope in mind: that real people would encounter the real freedom found only in Jesus.

Not surface-level change.

Not hype.

But deep, lasting freedom rooted in truth, grace, and the power of the Spirit.

We're grateful for their obedience, their stories, and their willingness to fight for freedom.

Not just their own, but yours.



# UNLOCKING THE AWESOME LIFE OF CHRIST

## LEADER GUIDE & WEEKLY COMPANION

### Overview

This guide is designed to equip you, the leader, to walk your group through the 8-week *Freedom Study* with clarity, confidence, and care. Your role isn't to have all the answers, but to help create a safe, Spirit-led space where people can encounter Jesus, grow in truth, and live out the freedom He offers.

### Leader Expectations

- Complete each week's content personally before meeting with your group.
- Check in on your group members throughout the week (text, coffee, prayer).
- Show up prepared and prayed up, asking God to lead your heart and your group.
- Facilitate discussion using open-ended questions and the reflection prompts.
- Encourage honesty, vulnerability, and application.
- Close each group with prayer, and offer personal follow-up as needed.

### Best Practices for Leaders

#### 1. Ask Open-Ended Questions

Avoid yes/no questions. Use prompts like:

- "What stood out to you in this week's study?"
- "How did this week's content hit home for you?"
- "What challenged or encouraged you most?"

#### 2. Embrace Silence

It's okay if no one answers right away. Give it a few seconds. Let the Holy Spirit stir.

#### 3. Foster a Safe Space

Model vulnerability first. Listen well. Avoid interrupting or "fixing." Sometimes the best ministry is presence, not advice.

#### 4. Celebrate Progress

Call out growth. Celebrate breakthroughs. Remind people that freedom is a journey, not a sprint.

#### 5. Cover Your Group in Prayer

Pray throughout the week for group members by name. Invite them to pray aloud during group time, but never force it.

# WEEKLY LEADER PROMPTS & EXPANDED DISCUSSION

## WEEK 1: THE FOUNDATION OF FREEDOM SCRIPTURE FOCUS

### Galatians 1

- What does freedom in Christ mean to you right now?
- Where have you tried to earn God's approval instead of receiving His grace?
- Challenge: What would it look like to surrender control this week?

## WEEK 2: FREEDOM FROM LIES SCRIPTURE FOCUS

### Galatians 2

- What lie about yourself, God, or others do you need to unlearn?
- What truth do you need to start declaring over your life?
- Reflection: Who in your life needs to hear the truth you're discovering?

## WEEK 3: FREEDOM FROM THE PAST SCRIPTURE FOCUS

### Galatians 3

- What part of your past still tries to define you?
- What does it look like to walk in your new identity this week?
- Application: Write a letter to your old self, what would you say?

## WEEK 4: FREEDOM FROM SIN SCRIPTURE FOCUS

### Galatians 4

- What sin or habit has lost its grip during this study?
- What does repentance look like when it's rooted in relationship, not shame?
- Confession time: Invite each person to confess a struggle and receive prayer.

## WEEK 5: DOWN WITH THE STRONGHOLDS, UP WITH THE STANDARD SCRIPTURE FOCUS

### Galatians 5

- What's one lie you've believed about yourself?
- What truth are you choosing to build your life on instead?
- Action: Ask group members to write and share their "truth declaration" this week.

## WEEK 6: WALKING IN FREEDOM SCRIPTURE FOCUS

### Galatians 6

- What daily rhythm has helped you stay connected to Jesus?
- Where do you need to re-center spiritually, mentally, or emotionally?
- Practical: Ask each member to commit to one rhythm for the next 7 days.

## WEEK 7: STANDING FIRM IN THE FIRE SCRIPTURE FOCUS

### Re-read Galatians 5

- What resistance or hardship are you currently facing?
- How do you usually respond under pressure, and how can that shift?
- Encouragement: Let each group member speak a word of encouragement over another.

## WEEK 8: LIVING THE FREEDOM LIFE SCRIPTURE FOCUS

### Re-read Galatians 6

- What has God done in your life through this study?
- Lets all share our 15 min story?
- Commission: Pray over each person as they go live it forward.

## FINAL ENCOURAGEMENT TO LEADERS

You are part of multiplying freedom. Stay rooted. Stay available. Stay surrendered. You are making a difference, and your leadership matters more than you know.