

PREPARATION FOR WEEK ONE

MY FREEDOM JOURNEY

Living authentically as a Christian can be difficult. The freedom we trust God offers sometimes feels out of reach. Life's challenges, difficult individuals, and painful experiences—whether we realize it or not—affect our spiritual walk. These experiences influence how we perceive God, relate to others, and respond to situations.

Freedom Group and Freedom Conference

Your Freedom journey has two parts: a guided curriculum study over 8 weeks, and a weekend conference experience. Both are essential for your success. Please add the conference to your calendar.

The Freedom Conference will explore important areas of freedom many of us face. The work you do during the 8-week study prepares you for the conference experience. Don't miss it!

My Freedom Conference date: _____

Freedom can bring deep change into your life.

The Freedom curriculum and conference are not substitutes for counseling or therapy. Instead, they serve as tools to help us connect with the Holy Spirit, remove obstacles, and recognize experiences, relationships, or patterns that hinder our spiritual journey. This curriculum will encourage you to explore the truth about God, faith, and yourself.

"It is for freedom that Christ set us free." Galatians 5:1. Jesus proclaimed that He came to give us abundant life (John 10:10). Although the journey to freedom may present challenges, it is definitely worth it. This semester, you'll decide how deeply you want to pursue freedom. Jeremiah 29:13 offers this promise: If you seek Him wholeheartedly, you will find Him. When you do, your life as you know it will change forever.

The Holy Spirit leads your Freedom journey.

As you engage with this curriculum, invite the Holy Spirit to illuminate the specific experiences He wishes to heal and restore. Listening to His voice and responding obediently is central to the Freedom experience.

When He communicates, it may be subtle, so remain alert to the gentle nudges and prompts from the Lord during your study time. This requires a willingness to set aside personal desires and preconceived ideas, allowing the Holy Spirit to guide you.

How to use this curriculum.

- Using a Bible and this book, dedicate time to the Lord by completing the weekly lesson in preparation for group discussions. ***Some weeks may include an additional video element which can be found at lifepoint.org/freedom.***
- Seek the Holy Spirit for His insight and guidance on your next steps toward freedom. Pray with Him as new things are revealed to you.
- During your group discussions, you will share insights the Holy Spirit revealed to you in your personal preparation.
- Before dismissal each week, at the end of your group's weekly discussion, you'll receive a brief individual prayer with your leader. Your leader will inquire about how the Lord is speaking to you concerning that lesson's topic and pray for breakthrough and/or blessing in that area.
- Please find lesson videos, conference details, and supplementary materials at lifepoint.org/freedom.

Other suggested study tools.

Other suggested study tools include a journal, pens, colored pencils, sticky tabs, highlighters, and a dictionary to look up unfamiliar words.

Your journey toward Freedom starts today.

MY APPROACH TO GOD

VIDEO NOTES

Please find the video for this lesson at lifepoint.org/freedom.

Now the Lord God had planted a garden in the east, in Eden; and there He put the man He had formed. And the Lord God made all kinds of trees grow out of the ground—trees that were pleasing to the eye and good for food. In the middle of the garden were the tree of life and the tree of the knowledge of good and evil... And the Lord God commanded the man, "You are free to eat from any tree in the garden; but you must not eat from the tree of the knowledge of good and evil, for when you eat from it you will certainly die."

GENESIS 2:8–9, 16–17 NIV

THE CHOICE

The Tree of the Knowledge of Good and Evil says: _____ to get to God.

The Tree of Life says: Receive the fact that Jesus has already _____.

You study the Scriptures diligently because you think that in them you have eternal life. These are the very Scriptures that testify about me, yet you refuse to come to me to have life.

JOHN 5:39–40 NIV

The Tree of the Knowledge of Good and Evil says:

Keep trying to get _____.

The Tree of Life says:

Receive the fact that He _____.

But God demonstrates His own love for us in this: While we were still sinners, Christ died for us.

ROMANS 5:8 NIV

The Tree of the Knowledge of Good and Evil says: Obey out of _____.

The Tree of Life says: Obey out of _____.

In fact, this is love for God: to keep his commands. And His commands are not burdensome. Whoever has the Son has life; whoever does not have the Son of God does not have life.

1 JOHN 5:3,12 NIV

FOUR RESPONSES

1. **Fall in love** _____.

If you love me, keep my commands.

JOHN 14:15 NIV

2. **Serve God through** _____, **not** _____.

Do not think that I have come to abolish the Law or the Prophets. I have not come to abolish them but to fulfill them.

MATTHEW 5:17 NIV

3. **Respond to all sin with** _____.

Therefore, there is now no condemnation for those who are in Christ Jesus.

ROMANS 8:1 NIV

4. **Guard your** _____ **from going back.**

What am I going to do to be godly?

This day I call the heavens and the earth as witnesses against you that I have set before you life and death, blessings and curses. Now choose life, so that you and your children may live.

DEUTERONOMY 30:19 NIV

Meditate on these questions with the Holy Spirit. Go deeper, write down your reflections.

Do you feel you obey God out of delight in your relationship with Him, or demand?

What is the Holy Spirit showing you about how you approach your relationship with God?