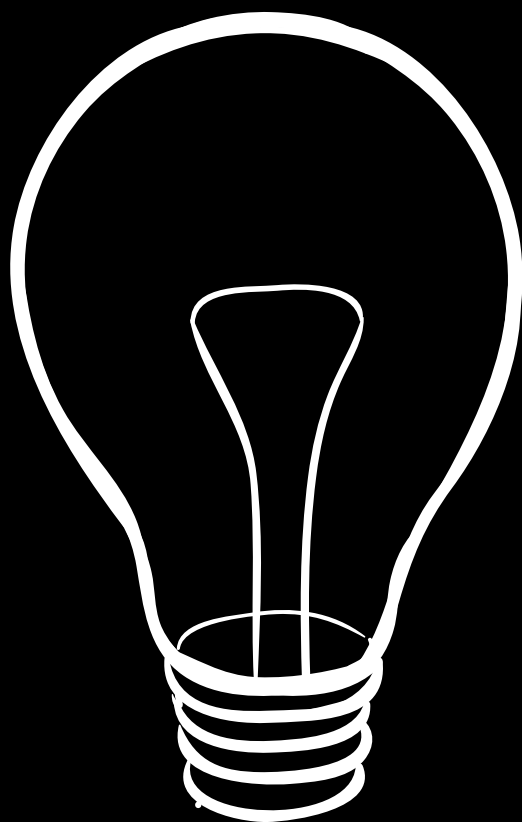


**BIG
IDEA**



WEEK ONE

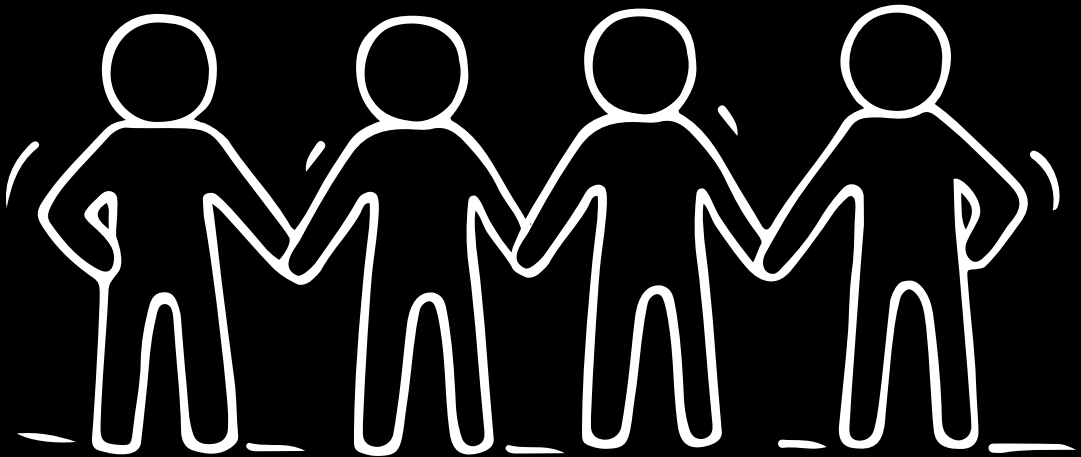
BREAKING FREE

Freedom is not a destination that we arrive at; it's an adventure that we embark upon. It is a journey that involves discovering who God is, who we are, and what we have access to as His children.

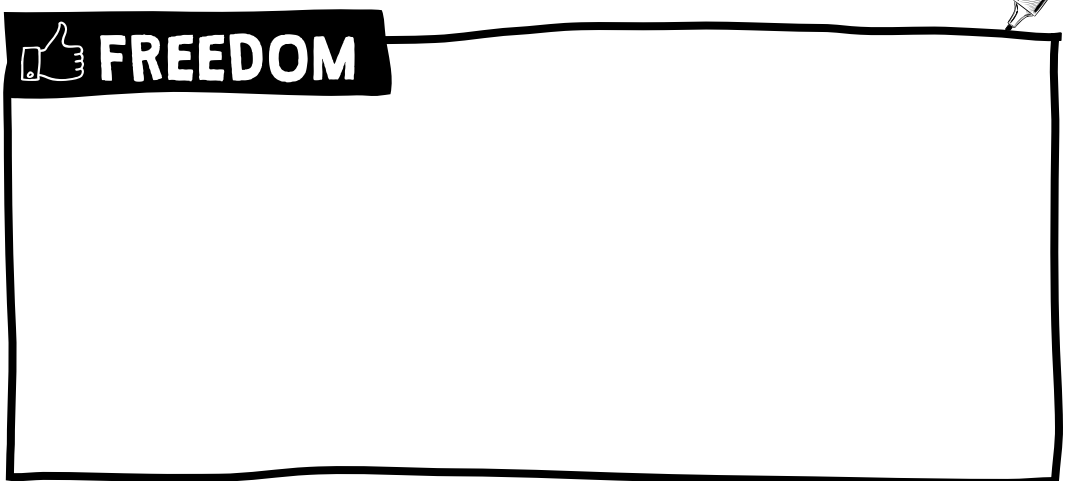
We believe that God has so much in store for you as you begin this eight-week freedom journey. In this introductory lesson Senior Pastors Todd and Julie Mullins will talk about how Jesus wants to help us break free!



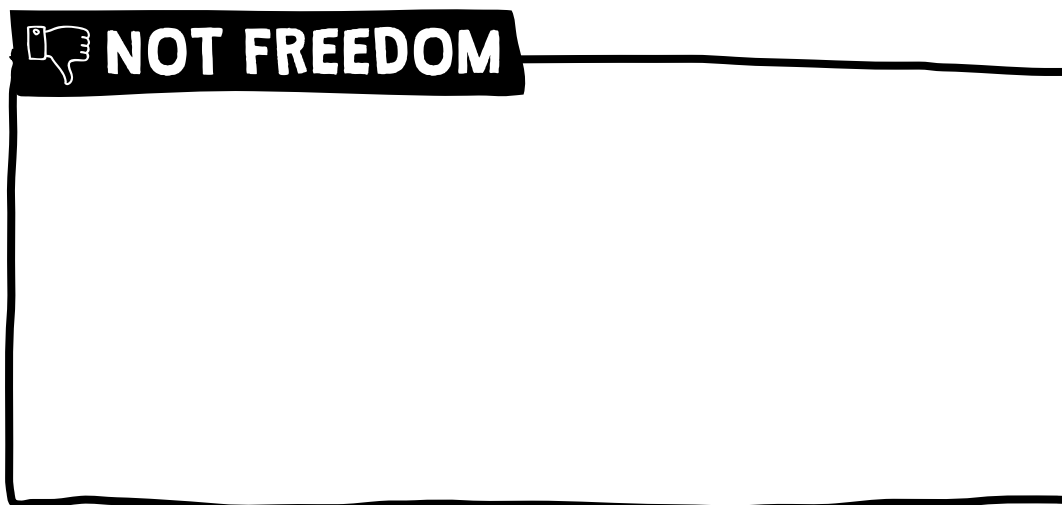
LET'S CONNECT



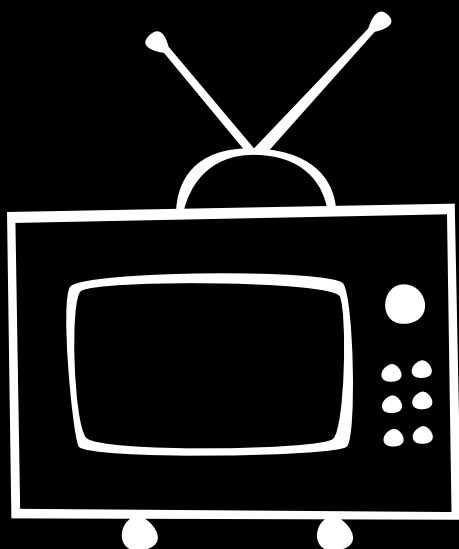
- ① Take a few minutes to go around the group and introduce yourself.
- ② What does freedom look like to you? What does the opposite of freedom look like to you? Here's your chance to show off your art skills. Draw a picture of each in the spaces below and explain your pictures with the group.



A hand-drawn rectangular box with a thick black border. At the top left, there is a black rectangular label with a white thumbs-up icon and the word **FREEDOM** in white capital letters. A small drawing of a pen is at the top right corner of the box.



A hand-drawn rectangular box with a thick black border. At the top left, there is a black rectangular label with a white thumbs-down icon and the words **NOT FREEDOM** in white capital letters.



**LET'S
WATCH**



God's language is a language of freedom.

The Spirit of the Lord is on me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to set the oppressed free.
Luke 4:18 NIV



Prisons keep us from our freedom. They also keep us from our future.

And the LORD God commanded the man, "You are free to eat from any tree in the garden."
Genesis 2:16 NIV



Many of the prisons we find ourselves in today are built by one of three things:

- ⇒ A sin we can't leave
- ⇒ A hurt we receive
- ⇒ A lie we believe



James 1:20 ESV

Philippians 4:8 NIV

20 • Week One | *Breaking Free*

**We have a choice to make.
We can choose to:**

⇒ Curse it.

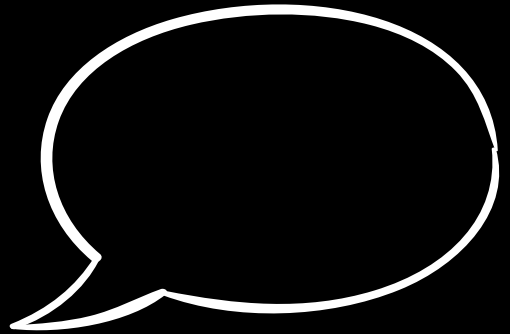
⇒ Nurse it and rehearse it.

⇒ Reverse it.

[illegible]

“ I HAVE COME
THAT YOU
WOULD HAVE

LIFE



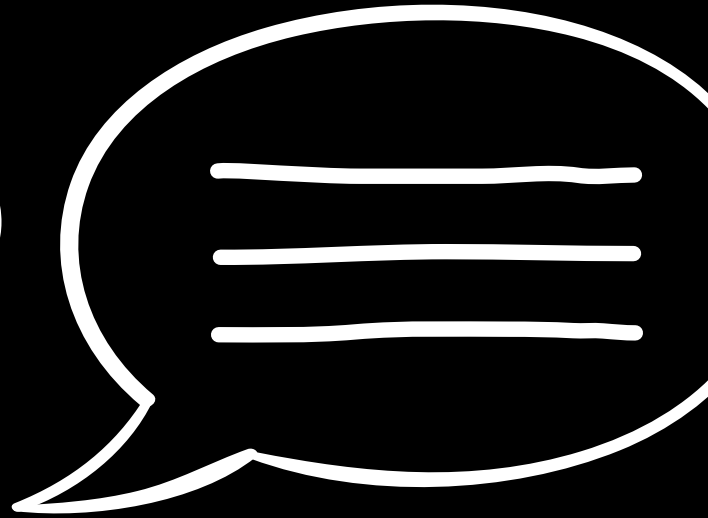
AND HAVE IT
TO THE

FULL.”

-JESUS



LET'S TALK



Take a minute to read the “Group Commitment” on page 11 aloud.

① What are some examples of sins people can't leave, hurts they receive, or lies they believe?

② What do you hope God will do over the next eight weeks as we go on this freedom journey? Complete the "Freedom Goals" activity on page 12 and share your goals with the group.

③ Read this passage aloud. Why do you think it's so important that we go on this journey together, as opposed to on our own if we want to find freedom?

Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up. Also, if two lie down together, they will keep warm. But how can one keep warm alone? Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.

**Ecclesiastes
4:9-12 NIV**

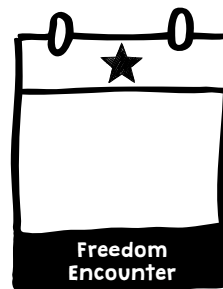
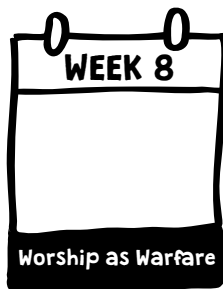
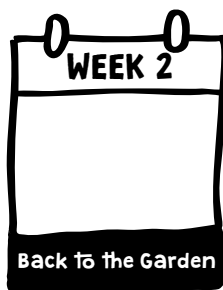


THIS WEEK'S CHALLENGE

Pastors Todd and Julie challenged us to do two things:

1. Get here every week.
2. Mark our calendars for the Freedom Encounter.

Write the dates for each of your group meetings and the Freedom Encounter in the space provided.



LET'S PRAY



Take a few minutes to share any prayer requests with your group.

LET'S GROW



① FREEDOM GOALS

Reflect on your “Freedom Goals” on page 12. Pray that God would do a great work in your life over the next eight weeks.

② YOUR FIRST 15

One thing that we want to challenge you to do on your freedom journey is spend time with God every day during the week. This is a huge part of opening the door for Him to work in our lives.

Dedicate the first 15 minutes of your day with Him.

- Spend 5 minutes in prayer.
- Spend 5 minutes in worship
(*we have provided a playlist for you on page 155!*).
- Spend 5 minutes reading and reflecting on God’s Word.

Here are a few Scriptures to reflect on through the week.

Take some time to look them up in your Bible or on the Bible App and write in the space provided about how God is speaking to you through them.



2 Corinthians 3:17

Galatians 5:13-14

Psalms 119:45
