



truly

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- 45 full color pages
- Note taking areas for Large Group Sessions
- Interacts with Small Group Sessions your teachers access online
- Features four bonus devotions for use through your event
- Biblically solid, culturally relevant, highly interactive

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FREE

truly

Discovering Your Freedom in Christ

THIS BOOK BELONGS TO: _____

DATE STARTED: _____

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truly **FREE**

Truly Free: Discovering Your Freedom in Christ

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Life is full of ups and downs. We love the moments when things are going our way. But what about when things don't go our way? What about the times when we are exhausted and overwhelmed by stress? What about those moments when we just can't seem to overcome the stuff that drags us down?

For many of us, the stress, pressure, and brokenness of our lives is at times, too much to bear. But the good news is that there is tremendous hope in the Gospel.

When you feel trapped by your sin, the Gospel says, "You're a slave no longer." When you feel like you don't match up, the Gospel says, "You have immense value to God." When you feel overwhelmed by the stress of your life, the Gospel says, "There is rest in Jesus." And when you don't feel like your life matters, the Gospel says, "Your life is meant for more than this." In a word, the Gospel sets you free. Truly free.

As you get ready to jump-in to all this means for you, take a moment to prepare yourself by reading the following:

have you prepared for the journey?

Ask yourself: Is my heart prepared to be challenged? Am I willing to be changed? If you can't answer "yes" to these questions, this journey might not be nearly as spectacular as it could be. If you need to, take a moment and silently talk to God in prayer. Ask God to radically move in your life.

You're holding your map

This book you're holding is the roadmap for your journey. It will help guide your experiences. Write your name and the date in the front. Hold on to it. You may want to look back and remember this time in your life.

learn. and teach.

Keep your eyes and ears open for those valuable moments where God wants to teach you something. But don't miss the chance to teach your friends, and to be taught by them. Your friends are with you in this experience. Be open to what God is doing in and through them, and how He might be using them to speak to you. And vice versa.

**“If you abide in my
word, you are truly
my disciples, and
you will know the
truth, and the truth
will set you free.”**

8:31-32



SESSION 1

These two pages are designed for you to take notes on during Large Group Sessions. The stuff you're learning will really build on itself over the next few sessions. So even if you're not much of a note taker, you might want to at least jot down what you think is important.

try writing
down

- Any specific teaching points
- Verse references for Scripture passages
- Quotes that make you think
- Anything you have a question about

Take up notes

SESSION 1

small group intro

Imagine you're driving down the road when you suddenly get a flat tire. No fun. While you're figuring out what to do about your tire, you rip your pants on the bumper of your car. Not good.

You pull your phone out of your pocket only to realize it's dead. Bad luck. But before you know it, you realize that your tire is flat because you ran over a nest of angry killer bees and they are starting to attack you!!!

Ok, so, admittedly this scenario is completely insane. It's totally made up and really quite impossible to even imagine. BUT, it's going to help us make a point . . .

In the above scenario, before you could charge your phone, change or otherwise cover up the rip in your pants, or fix your tire, you would have had to do what? Address the bee situation! There were multiple things that had gone wrong in our imaginary scenario. But there was one that was **OBVIOUSLY** the most pressing issue. (See? Told you there was a point!)

Our lives are kind of like this scenario. We may have a handful of issues that affect us at any one time. But there is one that we need to make sure we take care of first. That's what this session is about.

getting started

This is a quiz that's pretty "weighty." See if you can get the most answers correct.

1. An American man named Dan Sutherland grew the heaviest tomato ever recorded. Guess how much the tomato weighed and write your response in the blank. Closest team to the actual weight gets the question right. _____

2. In June of 1987, a guy named Blaine Sumner set a record for the bench press. How much did he bench press?

- A. 885 pounds C. 950 pounds
B. 575 pounds D. Do you even lift, bro?

3. Which element has the heaviest atomic weight?

- A. Gold C. Mercury
B. Uranium D. Vibranium

4. In 1998 The Guinness Book of World Records stopped judging records for heaviest animals because people were overfeeding their pets in an effort to get them in the record books. (Sad!) The last cat to ever hold the title of Fattest Cat was Himmy. How much did Himmy weigh?

- A. 11 pounds, 6 ounces C. 101 pounds, 0 ounces
B. 24 pounds, 3 ounces D. 46 pounds, 15 ounces

5. The heaviest deadlift using only the pinky finger is 242 pounds. True or false? Circle your answer.

6. On July 4, 2018, Joey Chesnut set a world record for eating 74 hot dogs (and buns) in a 10-minute span. According to Chesnut, how much weight did he gain as a result of eating the 74 hot dogs and buns?

- A. 6 pounds C. 45 pounds
B. 24 pounds D. 74 pounds

7. Yamamotoyama is the heaviest Japanese-born sumo wrestler ever. Guess how much Yamamotoyama weighed. Closest team wins. _____

DIGG!

SESSION 1

VERSES 15-19

CHOICE A

CHOICE B



VERSES 20-23



NGIN

VERSE 23



ROMANS 3:23-25

"For everyone has sinned; we all fall short of God's glorious standard. Yet God, in his grace, freely makes us right in his sight. He did this through Christ Jesus when he freed us from the penalty for our sins. For God presented Jesus as the sacrifice for sin. People are made right with God when they believe that Jesus sacrificed his life, shedding his blood ..." (NLT)

SESSION 1

wrapping up

How does being set free from the penalty of your sin change you?
Think about it and write your answer below.

BECAUSE
JESUS
HAS FREED
ME FROM
THE
PENALTY
OF SIN, I
