

Freedom – Week 4 – Release

Connect and review	
	Recap of last week. Allow a short time for comments/ points raised from then. The objective this week is to be released into a purposeful Christian lifestyle.
Inspire and engage	
These notes are for a starting point – you can add your own ideas and present them in your own style.	Complete freedom in Christ is an act of individual willingness to seek release and to be obedient to God's will. God never imposes, never pressurises, never criticises or holds grudges but is always willing to meet us where we are. He never changes (Hebrews 13:8) – it is us who do the moving away or towards Him! Let us be determined to “stand fast therefore in the liberty by which Christ has made us free...” Galatians 5:1.
Explore and apply	
These exercises are in the attendees' notes. As you consider each in small groups or pairs allow 1-2 groups for short feedback before moving to the next exercise.	<p>Explore Read James 1:21-27. What can we learn from these Scriptures?</p> <ul style="list-style-type: none"> - We must be willing to act - Build on what has already taken place - Be witnesses of what God has done for you. <p>Advantages of freedom: Before covering these allow group members to offer ideas. (These points are not in the attendee notes).</p> <ul style="list-style-type: none"> • Improved self esteem • Joy in serving Jesus • Strengthened witness • Improved lifestyle <p>Pitfalls to avoid:</p> <ul style="list-style-type: none"> • Comparing yourself with others • “Once” set free always set free! No, it's a daily challenge. • Letting thoughts determine actions <p>Our guide is the Holy Spirit who is our teacher, comforter etc, John 16:5-15 especially verse 13.</p> <p>Apply How can this Scripture be applied to our lives today?</p>
Reflect and review	
This area is vital to see how much has been taken on board. Make sure each one in the room (including you) has at least one action point to leave with!	<p><i>Personal reflection:</i> Have I learned about my part in being set free?</p> <p><i>Suggested activity:</i> Keep a personal journal of your walk with God as you listen to His promptings. Make a note of the date, your thoughts and actions. Then regularly look back over these and see how you have grown and rejoice in your journey so far. Don't give up – there are always many more blessings to come!</p>