



Freedom – Week 1 – What is freedom?

Connect and review	
Short introduction of who you are. Let the group introduce themselves.	Share a <u>short</u> review of your Christian walk. Let some of the group share reasons for coming on this session today. Give a short resume of this course and expectations – refer to the course overview. Week 1 objective is to understand what freedom in Christ really is.
Inspire and engage	
These notes are for a starting point – you can add your own ideas and present them in your own style.	Freedom: dictionary definitions refer to “having a free rein, liberty, privilege, deliverance, independence, no restraint or obligation,” and many other variables. We are thinking of spiritual freedom in Christ – Romans 8:2; Romans 6:1-14: John 8:36 which covers all the above but within constraints eg a river flows freely but along its channel. Freedom is given in Christ, but it is our responsibility how we use this freedom.
Explore and apply	
This question is in the attendees’ notes.	Explore What do we need freedom from? Discuss in twos or threes. Give 5-10 minutes. Some for you to consider if not suggested by the group: greed, selfishness, pride, drugs or alcohol dependence, smoking, isolation, love of money, possessions etc. Watch a You-Tube clip on Freedom (select from searching Freedom in Christ skit in You-Tube). A good one is “Setting me free” by casting crowns about 4 mins long. Give time for discussion and comment. Apply Each person is unique, so freedom is specific to each individual. We must never compare ourselves to others or be judgemental towards others. Being set free is an ongoing process and there is no slick instant formula for it. Do I have a willingness to be set free from my hinderances to growth in God?
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!	<i>Personal reflection:</i> What has spoken to me most in this session? Allow a few minutes for ideas to be shared. <i>Suggested activity:</i> Look at the You-tube clip again on your own and prayerfully consider what needs to be set free in your own life.