



Freedom – Week 1– What is freedom?

Connect and review	Notes
<p>Share a <u>short</u> review of your Christian walk. Why did you decide to join this group today? Week 1 objective is to understand what freedom in Christ really is.</p>	
Inspire and engage <p>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.</p>	
Explore and apply Explore <p>What do we need freedom from? Discuss in twos or threes. Watch a video clip. Discuss and comment on it.</p> Apply <p>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?</p>	
Reflect and review <p><i>Personal reflection:</i> What has spoken to me most in this session?</p> <p><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.</p>	