



Freedom – Week 3 – Breaking the habit

Connect and review	Notes
<p>Last week we looked at the Biblical view of freedom. How did you get on with this? It may take time - remember you are a work in progress! This week the objective is to find out how to be set free.</p>	
Inspire and engage	
<p>Watch You Tube “Freedom in Christ” Japanese soldier. (2 mins) This is thought provoking and poses the question, “Do I want to live in freedom”?</p> <p>We are each responsible for how we live our Christian life. To be free there are certain requirements and we will look at some here. Remember, God has chosen us to be His holy people so that we are fit for His purpose (Ephesians 1:4) and our freedom is to do what we ought as children of the living God.</p> <p><u>Requirements</u></p> <ul style="list-style-type: none">• There must be a desire to break free Galatians 5:1• There needs to be a desire to study and know God’s word 2 Timothy 2:15: Psalm 119:105• Apply the Scriptures to your own life• Avoid people/places who will be bad influences• Seek to live a godly life (but no one is perfect – we are all a work in progress)• Avoid bad, critical and unwholesome talk• Find a friend /mentor who can stand with you• Seek professional help if needed• Take time to develop good habits	
Explore and apply	
<p>Explore Why is it so hard to break free? Discuss.</p> <p>Apply How has this session encouraged you to form good habits?</p>	
Reflect and review	
<p><i>Personal reflection:</i> Am I struggling with any of the issues raised today? Do I need to seek help, talk this through with a trusted friend or counsellor?</p> <p><i>Suggested activity:</i> At home read through prayerfully and study Colossians 3:1-17. Allow the Holy Spirit to highlight any matters which need to be sorted in your life.</p>	