

Freedom Class Week One – Tree of Life

Introductions

- Leaders briefly introduce themselves
- Group Introductions

Opening – Why Freedom Class...

- John 10:10 – An Invitation to Abundant Life – Why we have decided to do this class
- Class Format/Expectations
 - Heavily Discussion-Based – need to do the material
 - Space for prayer/encounter
 - Keep Confidence
 - Retreat Information

40 minutes – Center in and watch video week 1 (freedom.churchofthehighlands.com/media)

- Center In...Brief Prayer
- Video – 36 minutes

Discussion Questions

- What stuck out to you from the video tonight?
- Which tree do you find yourself living from?
- As you think about religion vs. relationship, do you find yourself feeling like you obey God out of duty or delight? What are some of the mindsets/thoughts that we carry that can keep us from living out of religious duty instead of a life giving relationship with Jesus?

Potential Closing– Final Prayer out of Matthew 11

*25-26 Abruptly Jesus broke into prayer: “Thank you, Father, Lord of heaven and earth. You’ve concealed your ways from sophisticates and know-it-alls, **but spelled them out clearly to ordinary people.** Yes, Father, that’s the way you like to work.”*

27 Jesus resumed talking to the people, but now tenderly. “The Father has given me all these things to do and say. This is a unique Father-Son operation, coming out of Father and Son intimacies and knowledge. No one knows the Son the way the Father does, nor the Father the way the Son does. But I’m not keeping it to myself; I’m ready to go over it line by line with anyone willing to listen.

*28-30 “Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. **Keep company with me** and you’ll learn to live freely and lightly.”*

Journaling/Reflection (Optional): What do you want to say to Jesus tonight? Where are you weary or burdened? What does your heart long for – share it with Jesus.