

Freedom Class Week 4 – Spiritual Order

Opening Prayer

Video Teaching - Lindsay's teaching on Section 4 – Spiritual Order – Becoming a spirit-first people

Table Discussion

- How does knowing your spirit is redeemed and in right standing with the Father change the way you see yourself?
- Do you feed your body, soul, or spirit the most? Are your thoughts often driven by emotions (SOUL)? Are your actions driven by cravings (BODY)? Do you ever stop to ask yourself what you are really hungry before?
- What kinds of things help you feed your spirit?
- What are the benefits to walking in the spirit?

Optional – Take some time to use the self-reflection worksheet

Closing Prayer – Journey Of God's Deep Healing (Handout on next page)