

# Freedom Class Schedule

## **Week 1**

In Class: Week One Video – Tree of Life

Homework: Week Two – Tree of Knowledge of Good and Evil

## **Week 2**

In Class: Discuss Week Two – Tree of Knowledge of Good and Evil

Homework: Week Three – The Tree of Life

## **Week 3**

In Class: Discuss Week Three – The Tree of Life

Homework: Week Four – Spiritual Order

## **Week 4**

In Class: Discuss Week Four – Spiritual Order

Homework: Week Six Book Material – A Life of Surrender

## **Week 5**

In Class: Watch Week 5 Video, Discuss Week Six – A Life of Surrender

Homework: Week Seven – Forgiveness

## **Week 6**

In Class: Discuss Week Seven – Forgiveness

Homework: Week Eight – The Power of Words

## **Week 7**

In Class: Discuss Week Eight – Power of Words

Homework: Week Nine – The Living Word

## **Week 8**

In Class: Discuss Week Nine – The Living Word

Homework: Week Eleven – Vessels of Honor

## **Week 9**

In Class: Week Ten Video – Vessels of Honor, Discuss Week Eleven – Vessels of Honor

Homework: Week Twelve – Worship

## **Week 10**

Final Class: Discuss Week Twelve – Worship

## **RETREAT**

## **Week 11 (Optional)**

Celebration and Debrief

# 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](http://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.

## Freedom Class Week 2 – Tree of Knowledge of Good and Evil

### Learning to Retell Our Stories

**Welcome and recap of last week**

**Discussion on book material from week 2 – let people know we are going to take a deeper look at shame towards the end of the class**

- Why is the fruit of knowledge such a dangerous thing?
- What “cues” do you notice in your own life that help you to recognize that you are approaching God more out of knowledge than relationship?
- Why do you think shame and victimization are natural outcomes of the tree of knowledge? Why are those such powerful tools of the enemy?

**Optional - 20 minutes – Brené Brown Ted Talk on Shame**

**Discussion Questions on Video**

- What did Brené say was the key difference between SHAME vs. GUILT?
- The video talked about how shame “feels” the same way to men and women but are organized differently for each gender. For women it’s, “Do it all – and do it perfectly – while never letting them see you sweat! And for men it’s, “Do not be perceived as WEAK.” Do you agree with this? Why or why not? Would you add anything to what she shared that you think is true for men or women? What are practical ways we can come against these narratives?
- Why do you think shame grows exponentially under – SECRECY, SILENCE, & JUDGEMENT? Why is EMPATHY such a powerful tool to break shame?

**Closing Prayer** – Spend some time asking the Lord to show you places where you are operating out of shame/victimization. Are there narratives that you have been believing that need to be exchanged for God’s truth?

**Additional Resources:**

- Book– *The Soul of Shame – Retelling the Stories We Believe About Ourselves* by Curt Thompson

## Freedom Class Week 3 – The Tree of Life

### Opening Prayer Discussion of Week 3 materials

- Why is the desire for knowledge often in direct opposition to the desire to trust?
- As you reflect back on your past week, were there times that you found yourself partnering with shame or victimization? What opened the door to that, and are there some concrete things that are helping you to move back into “tree of life” thinking?
- Take turns reading out loud page 26 from the lesson this week.
- The book outlined 4 things that can be the fruit from living in the Tree of Life:
  - Fellowship with God
  - Fellowship with God results in INNOCENCE
  - Innocence is a conduit for God’s POWER
  - Innocence results in FREEDOM
- What spoke to you or lifted for you from these sections?
- How did you answer the questions on page 32 – Do I feel innocent before God? What would it be like to have true fellowship with God?
- Why do you think there is a correlation between Innocence, power and freedom?

### Optional 15 minutes - Leif Hetland Video – Slaves or Sons

#### Discussion

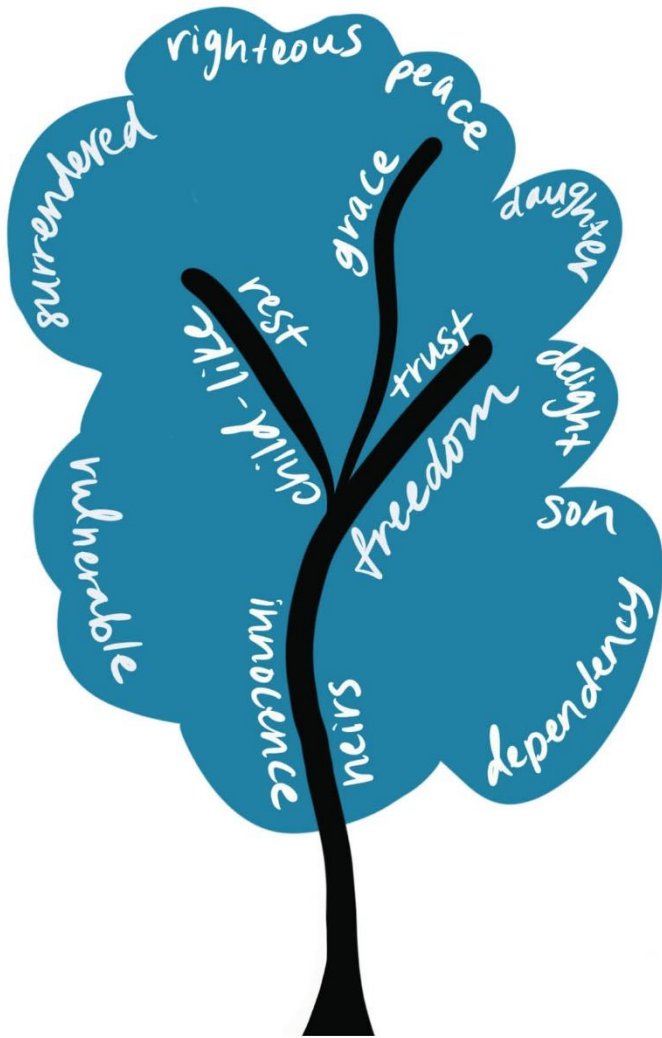
- What lifted for you from Leif’s testimony?
- What are some things in our culture that have made experiencing the Father’s love challenging?
- Can you remember a time where you have had a significant experience of God’s love for you? If so, are you willing to share about that?

### Optional – Journaling and Soaking Music or Practice of Being Known

Sit with the Lord and ask Him this question: Father, how do you love me?

If you are having trouble hearing, take one of the verses from this week’s lesson and rewrite it, personalizing it with your name in it. Meditate on God’s love for you.

**Homework** – Ask the Lord each night before bed: When did I feel your love today? When did I feel an absence of your love?



## TREE OF LIFE

Sonship  
 Delight  
 Righteous  
 Surrendered  
 Vulnerable  
 Innocence  
 Freedom  
 Heirs  
 Child-Like  
 Trust  
 Grace  
 Dependency  
 Rest  
 Peace  
 Conviction



## TREE OF KNOWLEDGE OF GOOD AND EVIL

Orphan Spirit  
 Duty  
 Self-Serving  
 Control  
 Pride  
 Empty Religion  
 Bondage  
 Slaves  
 Shame  
 Confusion  
 Performance  
 Self-Sufficiency  
 "do" more  
 Anxiety  
 Condemnation

## PRACTICE BEING KNOWN

### *An Exercise to accompany Tree of Life Lesson in FREEDOM*

*Instructions prior to exercise: Give permission to use imagination. God created us with an imagination. Let them know you'll be asking questions throughout the exercise. They are not intended to be answered out loud, simply for their own processing. Welcome whatever comes.*

1. Relax. Get in a comfortable position with your eyes closed.
2. Take a deep breath and begin to imagine yourself in a physical environment that is peaceful and calm. It can be a real place or an imagined one.
3. Allow yourself to imagine yourself now in your imagination being near the Tree of Life. Freedom. Grace. Life forever. God's goodness and His forgiveness. Take few minutes to be aware of your surroundings. Look around the scene; notice what you **see** \*\*\*\*\* What do you **hear**? \*\*\*\*\* What do you **taste**? \*\*\*\*\* What do you **smell**? \*\*\*\*\* What do you **touch**? Allow all of you to be in the midst of His goodness and grace.
4. Now, I want you to look around the scene for Jesus. He is Immanuel. God with us. Where is He? (pause) How is He dressed? (pause) What is He doing? (pause) What is the expression on His face?
5. Now imagine hearing Jesus call your name. \*\* He comes close to you, puts His hand on your face, lifts your chin and looks into your eyes – deep into your soul - as He says these words: "You (name) are my son, you are my daughter, and I love you. And I am SO pleased with you."  
Do not turn away from His gaze.  
Do not resist His voice.  
REPEAT: "You are my daughter, you are my son, and I love you. I am SO pleased with you."
6. For the next few minutes, just allow yourself to be in His presence. \*\*\*\*\*
7. With the loving gaze of Jesus upon you -- Is there anything you want to say to Him regarding your experience with shame or having a "victim mentality?"
8. What do you feel Jesus is feeling as He looks with tenderness and strength into the windows of your soul? What does He want to say to you? Can you receive it?
9. And now \*\*\*\*\* Is there anything else Jesus wants you to know? (pause to give time for conversation)

Thank you, Lord, for Your presence, Your delight in each person here, and for any new perspective we have received.

**Further Instructions:** *Consider practicing this meditation every day this week. Remember that you are not simply engaging with some abstract dimension of your mind; you are in fact, changing the neural networks of your brain. Practically, this exercise may lead you to a deep awareness of being known and cared for by your Father. Initially, this may take place only during the meditation. Eventually however, you will find that you can quickly access the positive images, feelings, sensations and words you hear during moments of discomfort in everyday life, altering your response to anxiety-provoking events.*

## **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?

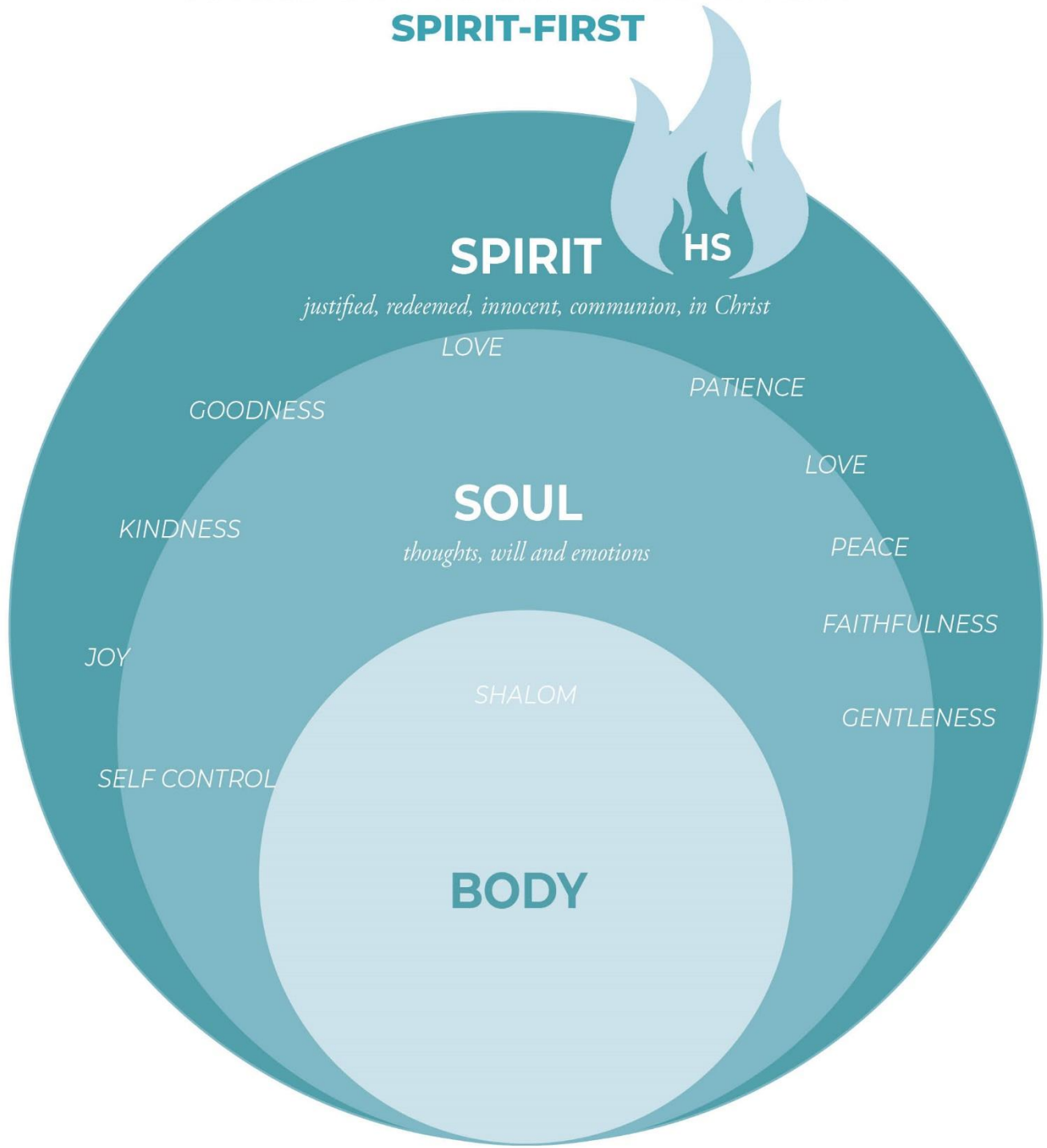
**Optional – Take some time to use the self-reflection worksheet**

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

# SPIRITUAL ORDER

UNDERSTANDING THE BODY, SOUL AND SPIRIT

## LIVING OUT OF THE TREE OF LIFE SPIRIT-FIRST





# LIVING OUT OF THE TREE OF KNOWLEDGE OF GOOD AND EVIL BODY/SOUL-FIRST



## SCRIPTURES

### 1 THESS 5:23

*Our being is made up of three parts: spirit, soul, body*

### 1 COR. 6:17

*We are united with the Holy Spirit when we say yes to Jesus*

### JOHN 6:63

*The Holy Spirit we are united with brings life, not things of the flesh/natural world*

### ROMANS 5:1

*Because of what Jesus did for us, we are seen as flawless in God's eyes*

### GAL. 5:19-22

*Details the results of living a life led by the body/soul (v.19) and a life lived spirit-led (v.22)*

### ROMANS 7

*Paul explains the struggle we experience as we are being sanctified.*

**LIVING OUT OF THE TREE OF KNOWLEDGE  
OF GOOD AND EVIL  
BODY/SOUL-FIRST  
Self-Reflection Worksheet**



*Take time to self-reflect about some key “hang-ups” in your body and soul that keep you from being spirit-led. As you identify specific things that are keeping you living in the flesh (eg. comfort, control, shame), pray about how God might be calling you to stop feeding those things of the soul and body. Is there something you might fast from? Is there a spiritual practice you could add to your day?*

## Journey Of God's Deep Healing - Psalm 42:11; 103:1-5

Hear God's Word for you in Psalm 42:5,11; 43:5. "Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God."

Spirit, come to the front to be blessed in the light of God. You are a blessed covenant son/daughter of God Most High. You display His family likeness. You are awesome in Him, and you are not lacking in anything that you need. Your Father is nurturing and growing you in all the spiritual DNA that He designed in you. His gifts and callings are irrevocable. Nothing that you have done or that has happened to you changes that.

Soul, you have known is shame, fear, and control. Your life's work has been to control because of fear. You have controlled what the mind remembers and takes in and processes. You have distorted based on your agenda of not wanting to feel pain or risk. You have been captive in a prison of your own making. You have sabotaged any reality you didn't want to feel or face. You have sabotaged areas of the spirit that relate to God because they are outside the realm of your understanding and identity. The spirit is growing and becoming healthier and asserting itself, and you fear losing control.

Soul, be free from critiquing or rejecting the blessings of God the Father. He is inviting you to put your hand in His and go into this unknown spiritual journey, because He is near and He is safe. Come into agreement with God, and let go of stress and anxiety. Do not be afraid of the "new you," because God made the spirit for such a time as this. Breathe in the love of God, breathe out anything not of Him. Center yourself in the love of Christ and receive His love into all your concerns, and give them to Him.

Listen as the psalmist speaks to his own soul in Psalm 103:1-5. "Praise the Lord, O my soul; all my inmost being, praise his holy name. Praise the Lord, O my soul, and forget not all his benefits- who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's." Soul, receive and soak up God's healing presence in these words. Be blessed to trust the Spirit of God revealing Himself in you.

Spirit, you have felt the favor of these blessings. You can trust God's favor to forgive you, to heal you, and to redeem your life from the pit. You can trust Him to crown you with His love and compassion and to satisfy your desires with good things. Praise His name for these blessings that you have received as a gift from your Father.

Be blessed in His holy name as the covenant child of always-faithful God  
(2 Tim 2:13).



Taken from You Are Blessed In The Names of God, p 54, © 2008 by Sylvia Gunter.

## Freedom Class Week 5 – A Life of Surrender

Welcome and read some of the scriptures out of the lesson

35 minutes - Week Five Video – Overflow of the Heart

### Discussion of Video and Week 6 Content (A Life of Surrender)

- What were some of the key things that lifted for you out of the video tonight?
- Which of the four heart blockages do you feel like you struggle with the most? (selfishness, bitterness, rejection, evil thoughts)
- What areas of your life do you struggle to surrender to God? Why does it feel hard to trust God with those things?
- This week, we learned that we often worship what we value most. What are some things that compete for your affections for Jesus and can hinder your relationship with Him? What do you think it would be like to lay some of those things down? How might that affect your relationship with Jesus?
- Were you prompted to surrender any relationships to the Lord? Why do you think God might be asking you to release those people?
- Which of the “Six Ways to Stay Unoffended” spoke to you the most and why?
- Is it hardest for you to surrender your past, present or future to God? Why?

### Closing – Time to reflect on surrender and prayer of relinquishment

- What is God inviting you to lay down in this season?

### Prayer of Relinquishment by Richard Foster...

The Prayer of Relinquishment is a bona fide letting go, but it is a release with hope. We have no fatalist resignation. We are buoyed up by a confident trust in the character of God. Even when all we see are the tangled threads on the backside of life’s tapestry, we know that God is good and is out to do us good always. That gives us hope to believe that we are the winners, regardless of what we are being called upon to relinquish. God is inviting us deeper in and higher up. There is training in righteousness, transforming power, new joys, deeper intimacy.

*Today, O Lord, I yield myself to You.*

*May Your will be my delight today.*

*May You have perfect sway in me.*

*May your love be the pattern of my living.*

*I surrender to You my hopes, my dreams, my ambitions.*

*Do with them what You will, when You will, as You will.*

*I place into Your loving care my family, my friends, my future.*

*Care for them with a care that I can never give.*

*I release into Your hands my need to control, my craving for status, my fear of obscurity.*

*Eradicate the evil, purify the good, and establish Your Kingdom on earth.*

*For Jesus’ sake, Amen.*

## Freedom Class Week 6 – Power of Forgiveness

### Potential Opening - Lectio Divina

Before we head into discussion at tables, I'm inviting us to center in using a lectio divina exercise— which is a fancy Latin way of saying we're going to listen to the Lord's voice through the reading of scripture.

Go ahead and close your eyes, and I am going to read a scripture from Ephesians 1:7—4 different times—and I am going to guide you with some questions as we pause between the readings.

***Ephesians 1:7 – He is so rich in kindness and grace that He purchased our freedom with the blood of his Son and forgave our sins.”***

- How have you experienced the Lord's kindness this week?
- How is Jesus making you more free?
- Where are you struggling to forgive yourself?
- Ask the Spirit to begin to search your heart, and as the night goes on, that He would bring to mind people/offense that you need to release.

### Discussion Questions

- As you review the reading from this week, were there any ideas/scriptures that were particularly powerful for you? Would you be willing to share about that with the group?
- Are there particular things that have caused you to personally struggle with forgiveness?
- On page 86 there is a list of things that Jesus endured in his humanity—betrayal, false accusation, rejection, abuse, and humiliation. How does it make you feel to know that Jesus so fully understands our wounds and also showed us how to overcome?
- Do you feel like it is harder for you to forgive yourself or others? Why do you think that is?
- Why is offense such a powerful weapon of the enemy? Pages 88-89 talk about keys that will help us to live and offend life. Do one of these keys resonate with you more than others?
- What do you think might happen in our community if people from our church actually starting walking out the forgiveness that they have personally receive from Jesus? (See p.90 – praying, blessing, and doing good to those who have offended you.) Have you ever witnessed or been a part of a forgiveness in action story?
- Though we may have asked for forgiveness for past sins, the enemy is often relentless in his accusation. Are there particular things that have helped you experience freedom from the past?
- What in this lesson increases hope for you? Is there anything you find yourself resistant to?
- Where have your ideas about forgiveness been challenged in this teaching?

### Optional Response Time

- Center in by playing a worship song.
- Time of Forgiveness
  - Using the envelopes, read “Let Freedom Ring” and then follow the instructions on the inside of the envelope using the prayer of forgiveness and dissolvable paper.
  - When you are done with writing things on the paper, place them in the water, swirl it around and watch them disappear.

### Blessings:

- We declare tonight that your sins and those who have sinned against you are forgiven and under the blood of Jesus. And we bless you to walk in the freedom that Christ bought for you.
- We bless you tonight as forgiven and free in Jesus.

## Forgiveness Quotes

- "When you hold resentment toward another, you are bound to that person or condition by an emotional link that is stronger than steel. Forgiveness is the only way to dissolve that link and get free." - Katherine Ponder
- "There is no love without forgiveness, and there is no forgiveness without love." - Bryant H. McGill
- "A happy marriage is the union of two good forgivers." - Robert Quillen
- "Forgiveness is me giving up my right to hurt you for hurting me." - Anonymous
- "Sincere forgiveness isn't colored with expectations that the other person apologize or change. Don't worry whether or not they finally understand you. Love them and release them. Life feeds back truth to people in its own way and time-just like it does for you and me." - Sara Paddison
- "Once a woman has forgiven her man, she must not reheat his sins for breakfast." - Marlene Dietrich
- "Forgiveness is the giving, and so the receiving, of life." - George MacDonald
- "To forgive is to set a prisoner free and discover that the prisoner was you." - Louis B. Smedes
- "We are all on a life long journey and the core of its meaning, the terrible demand of its centrality is forgiving and being forgiven." - Martha Kilpatrick
- "Forgiveness is the fragrance the violet sheds on the heel that has crushed it." - Mark Twain

## Forgiveness Scriptures

**Colossians 3:13** - Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.

**Matthew 6:14-15** - For if you forgive other people when they sin against you, your heavenly Father will also forgive you. 15 But if you do not forgive others their sins, your Father will not forgive your sins.

### **Luke 17:3-4**

3 So watch yourselves. "If your brother or sister sins against you, rebuke them; and if they repent, forgive them. 4 Even if they sin against you seven times in a day and seven times come back to you saying 'I repent,' you must forgive them."

### **Ephesians 4:31-32**

31 Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. 32 Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

### **1 John 1:9**

9 If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

### **Isaiah 43:25-26**

25 "I, even I, am he who blots out your transgressions, for my own sake, and remembers your sins no more. 26 Review the past for me, let us argue the matter together; state the case for your innocence.

### **Acts 3:19**

19 Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord,

### **Isaiah 1:18**

18 "Come now, let us settle the matter," says the LORD. "Though your sins are like scarlet, they shall be as white as snow; though they are red as crimson, they shall be like wool.

### **2 Corinthians 5:17**

17 Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!

### **Ephesians 1:7**

7 In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace

### **Hebrews 10:17**

17 Then he adds: "Their sins and lawless acts I will remember no more."

**Daniel 9:9**

9 The Lord our God is merciful and forgiving, even though we have rebelled against him;

**Colossians 1:13-14**

13 For he has rescued us from the dominion of darkness and brought us into the kingdom of the Son he loves, 14 in whom we have redemption, the forgiveness of sins.

**Psalms 103:12**

12 as far as the east is from the west, so far has he removed our transgressions from us.

**Numbers 14:19-21**

19 In accordance with your great love, forgive the sin of these people, just as you have pardoned them from the time they left Egypt until now." 20 The LORD replied, "I have forgiven them, as you asked. 21 Nevertheless, as surely as I live and as surely as the glory of the LORD fills the whole earth,

**Micah 7:18-19**

18 Who is a God like you, who pardons sin and forgives the transgression of the remnant of his inheritance? You do not stay angry forever but delight to show mercy. 19 You will again have compassion on us; you will tread our sins underfoot and hurl all our iniquities into the depths of the sea.

**Matthew 6:9-15**

9 "This, then, is how you should pray: " 'Our Father in heaven, hallowed be your name, 10 your kingdom come, your will be done, on earth as it is in heaven. 11 Give us today our daily bread. 12 And forgive us our debts, as we also have forgiven our debtors. 13 And lead us not into temptation, but deliver us from the evil one.' 14 For if you forgive other people when they sin against you, your heavenly Father will also forgive you. 15 But if you do not forgive others their sins, your Father will not forgive your sins.

**Mark 11:25**

25 And when you stand praying, if you hold anything against anyone, forgive them, so that your Father in heaven may forgive you your sins."

**Matthew 26:28**

28 This is my blood of the covenant, which is poured out for many for the forgiveness of sins.



## Freedom Class Week 7 – Power of Words

### Optional – Open up with God stories

- Since we are talking about words, talk a little bit about the power of testimony. What are we experiencing in this class? How are we seeing God at work around us?

### Group Discussion – Week 8 material – Power of Words

- Were there particular quotes from the reading or scriptures that stuck out to you from week 8?
- As you think about words, what are the areas that you struggle with most?
  - How you speak about others
  - Your own internal dialogue about yourself
  - Releasing things others have spoken to you
- Often times our family systems play a large role in how we use and receive words. What were positive and negative things that you picked up from your own childhood about how words were used?
- On p. 115 there was a section called Wise Words. Using Proverbs it gave some ways that we can use our words well. Which of the bullet points below are a growth area for you in how you use words?
  - Avoid crude language
  - Speak with gentleness
  - Speak with honesty
  - Avoid gossip
- In the breaking the curse section on p.116 and 117 it talks about remembering words of death and cursing. Did the Lord reveal anything surprising to you as you asked him to remind you of harsh words? Share as you feel comfortable. Did it help to walk through the Voice of Victory exercise?

### Optional– Response time

- Use the VOICE OF VICTORY handout and partner up with someone to pray through some of the lies that you have been believing about your life. Exchange them for the truth of God's word and His blessings in your life!
- Look through the Spirit Blessing book, find one that is meaningful to you and then partner up with someone and bless each other.

# VOICE OF VICTORY

PRAYER MODEL FROM FREEDOM BOOK  
PAGES 118 AND 160

## VOICE OF VICTORY PRAYER MODEL

*Freedom Book, Pages 118 and 160*

Jesus, I **CONFESS** that I believed the lie that \_\_\_\_\_  
\_\_\_\_\_, which has led me to feel \_\_\_\_\_.  
Please forgive me for not trusting that what your word says about me is true.

I **REPENT** and come out of agreement with the lies of the enemy regarding  
my \_\_\_\_\_. Father, I choose to believe  
Your Word and what you say about me. I choose to forgive \_\_\_\_\_  
\_\_\_\_\_, for any way in which they led me to believe the lie that \_\_\_\_  
\_\_\_\_\_, whether deliberately or inadvertently.

I **CAST OFF** the lie that \_\_\_\_\_, and I renounce the spirit of  
\_\_\_\_\_. In the Name of Jesus, and by the power of the Holy Spirit,  
I break the curse of \_\_\_\_\_ and all its effects in my life. I declare the  
spirit of \_\_\_\_\_ has no place in my life.

I declare and choose to believe what the Word of God says in \_\_\_\_\_ that

\_\_\_\_\_

\_\_\_\_\_

I **RELEASE THE BLESSING** of \_\_\_\_\_ in my life and declare  
that I am \_\_\_\_\_.

## Freedom Class Week 8 – The Living Word

### Opening Prayer & Connection Time

### Discussion Questions on Week 9 – The Living Word

- Week 9 was really on the power of the scriptures – God’s Word – Does reading the Bible come easy or hard for you? Why do you think that is?
- Is there a way that you enjoy engaging with scripture? Have you tried some different things over the years?
- Can you think of a time that the Lord used a Bible verse to really speak to your life? Can you remember promises that He has given you from His word?
- At the end of the section it gives the pattern that: 1) Meditation turns to Revelation, 2) Revelation activates Faith and 3) Faith changes things! Have you personally experienced this in your own life?

### Optional Video (45 minutes) – The War in Your Head by Bill Johnson (YouTube)

### Key Reminders:

- Having a rooted identity in Christ is our greatest spiritual weapon in warfare because Satan’s number one weapon is lying and accusation. He can only take ground that has been given to him.
- We have been given authority to come out of places of bondage.
- Whenever we renounce something, we want to replace it with the opposite blessing (some of them may have done that with the curses spoken over their lives, from last week’s lesson).

### Remind People to Use the VOICE OF VICTORY prayer this week if they are wrestling with warfare

### Optional Book Resource - *The Veil* by Blake Healy

## Freedom Class Week 9 – Vessels of Honor

### Opening Connection & Prayer

**40 minutes - Watch Final Video – Week 10 – Vessels of Honor**

### Video Discussion

- What was your previous understanding of spiritual warfare? Has anything from this material been surprising to you?
- What are some of the key lies that we struggle with? As men? As women?
- What have been some practical ways that have helped you renew your mind?

### Discussion Questions – Week 11 Material - Vessels of Honor

- This section helps us to look at the difference between justification and sanctification. What is your understanding of what these two words mean in our relationship with Jesus?
- What are some of the lies the enemy tells you about your ability to be used by God?
- If you feel comfortable sharing, what are some areas where you feel like the Holy Spirit is inviting you deeper into the renewal and sanctification process? Places where you are longing for more Christ-likeness?
- What are some practical ways that you can renew your mind so that you can silence the enemy?

### Optional Closing –

Have participants pray about key areas that they are wanting to experience renewal. Look for scriptures that will help them to renew their minds towards those things. Write them on cards to take home and post where they will be seen often this week. Meditate on the truth to renew the mind.

## Freedom Class Week 10 – Worship

### Opening Connection & Prayer

#### Announcements

- Final Freedom Conference Details
- If you are attending take some extra time to prepare yourself this week:
  - Consider shutting out the world and turning in the Kingdom through worship, prayer, fasting.
  - Be stirring expectancy and share your longings with God.
  - Invite some people to be praying for you on Saturday. – The whole prayer team has been praying for you!

#### Discussion Questions

- What are things that help you cultivate a heart of worship in your life?
- What are things that hinder your worship?
- Why is worship such a powerful part of our relationship with God?
- If you look at the four levels of worship from the book – where do you feel like you are at in your journey? What might it look like to take one step forward?
- Have you ever had a powerful encounter in worship? Would you be willing to share that with the table?

#### Optional Video (26 minutes) – Baptism of the Holy Spirit by Francis Chan (YouTube)

#### Optional - Worship & Soaking Prayer

##### Potential Questions for Reflection While Soaking:

- Name your desires for the conference before the Lord.
- Tell God thanks for the ways you have experienced Freedom this semester–be specific.
- Rest in His goodness.
- Ask Jesus what He sees when He looks at you? Ask Him to show you any lies that are keeping you from stepping into that identity, and pray that they would be broken by the blood of Jesus and the truth of His word.
- Just rest and receive.