

WEEK ONE

# FOUNDATIONS

---

*"Now the Lord is Spirit; and where the Spirit of the Lord is, there is freedom."*

2 CORINTHIANS 3:17 NIV

## INTRODUCTION

Anyone that has been around a toddler knows that humans struggle to wrap their minds around boundaries. Toddlers push the limits of what they can do every day, it's how they grow and learn. Yet, in order for those toddlers to survive, there must be some kind of boundaries in place. Much like fish...within the confines of water is where they can sustain life. Outside of the physical boundaries of water, they cannot survive. Both of these instances show that, contrary to popular belief, boundaries can be life-giving. As we will learn in this session, freedom is not the ability to do whatever we want, rather it's the freedom to desire that which will be truly life giving...

## SHARE

Begin this time by using the following questions to get people talking.

- What do you think of when you hear the word "freedom"?
- How do you know if you have freedom?
- Why is freedom important?

## WATCH

After watching the video, take two minutes before moving into group discussion to write down your three biggest takeaways.

## LISTEN

Read John 8:31-36 together:

*"So Jesus said to the Jews who had believed him, "If you abide in my word, you are truly my disciples, and you will know the truth, and the truth will set you free." They answered him, " We are offspring of Abraham and have never been enslaved to anyone. How is it that you say 'you will become free'?" Jesus answered them, "Truly, truly, I say to you, everyone who practices sin is a slave to sin. The slave does not remain in the house forever; the son remains forever. so if the son sets you free, you will be free indeed."*

JOHN 8:31-36 NIV

- How does sin make us a slave? How does the truth set us free?
- According to this passage, how do we know what is true?
- What does it mean to "abide in my word"?



## ADDITIONAL STUDY

*“For I am about to do something new. See, I have already begun! Do you not see it? I will make a pathway through the wilderness. I will create rivers in the dry wasteland.”*

ISAIAH 43:19 NIV

- What new thing do you desire for God to do in your life through this study?
- Where have you already seen God working in your life?

---

**There are 2 primary ways we experience freedom.**

---

1. Freedom comes through knowing our identity in Christ.

*“For all who are led by the Spirit of God are children of God. So you have not received a spirit that makes you fearful slaves. Instead, you received God’s Spirit when he adopted you as his own children. Now we call him, “Abba, Father.” For his Spirit joins with our spirit to affirm that we are God’s children. And since we are his children, we are his heirs. In fact, together with Christ we are heirs of God’s glory. But if we are to share his glory, we must also share his suffering.”*

ROMANS 8:14-17 NLT

- What happens when we commit our lives to Jesus?
- What does it mean to be an heir with Christ? How does that affect how we view freedom?
- What was your definition of freedom before you started? How does that line up with the Bible’s definition?
- Why is having the right definition of freedom important?
- How do poor definitions of freedom make it difficult to walk in freedom?
- How will this new definition change your view of the things you struggle with?

2. Freedom comes by hearing God’s voice.

*“The shepherd of the sheep...calls his own sheep by name and leads them out...He goes ahead of them, and the sheep follow him because they know his voice...I am the good shepherd. I know my own and they know me...My sheep hear my voice. I know them, and they follow me.”*

JOHN 10:2-4, 14, 27 NIV

- Why is it important to learn to recognize God’s voice?
- What are the ways God speaks to us? God speaks through His Word (2 Timothy 3:16), through our minds (John 16:13), through others (1 Corinthians 14:3), through special circumstances (Judges 6:37), and through dreams and visions (Acts 2:17).

If you are not sure about your identity in Christ, then ask your Small Group leader to help you understand this better by looking at Session Two: “Who am I in Christ?” in the Follow Jesus discipleship book.

If you are not sure about how to hear God’s voice, then ask your Small Group leader to help you understand this better by looking at Session Five: “How do I hear God’s voice?” in the Follow Jesus discipleship book.

**NOTES**

---

---

---

---

---

---

---

---

---

---