

You Can Be Totally Free

Lesson 2 and Small Group Discussion

December 1 & 8, 2013

Scene Setting Discussion:

Are you really living a totally “Free Life” in Christ? *Do you believe this statement, “Through the events of our life you can be completely satisfied and at peace, no matter the circumstances”*

- Does your daily life involve more or less pressure, stress, pain, internal torment?
- How free are we truly living in Christ?
- Have we really turned all to Him and understand the context of His plan for us?
- While difficult, addressing these issues is the most liberating thing we can do

Christian Song Lyrics:

*Life seems out to get you, destroy what you want
You must learn to let it go
Don't pretend to cope, there is a brighter way
If you would only change your perspective
Life is not always what you want
Sometimes it's hard to bear
I will be with you in all that you go through
I love you; Let me change your heart*

Typical Questions We Might Ask Ourselves at Some Point in Life

- Why did I not get that job? Why are they smarter than me?
- Why does my family not do what I want? Why do I not have “those” children?
- If my spouse would only do this or be that? My relationships are really bad.
- I am not happy with my lot in life?
- Why is my health failing?
- God what have I done wrong?

Psalms 116:16

O Lord, truly I am your servant; I am your servant, the son of your maidservant, you have freed me from my chains.

- Christ is the center of Freedom, not ourselves
- Must serve God to attain

Romans 8:20-25

For the creation was **subjected to frustration**, not by its own choice, but by the will of the one who subjected it, in hope that the creation itself will be **liberated from its bondage** to decay and brought into the **glorious freedom** of the children of God.

- We will have frustration, pain, decay and problems
- Created intentionally by God for our spiritual development and good
- Total freedom comes from being God's child

Psalms 119:41-45

May your unfailing love come to me, O Lord, your salvation according to your promise; then I will answer the one who taunts me, for I trust in your word. Do not snatch the word of truth from my mouth, for I have put my hope in your laws. I will always obey your law, for ever and ever. I will **walk about in freedom**, for I have sought out your precepts.

- Salvation must come first and then trust in His Word
- Our hope comes from the Word/Laws
- We will walk in freedom and must walk in the Lord's precepts to obtain

Psalms 18:17-22

He **rescued me** from my powerful enemy, from my foes, who were too strong for me. They confronted me in the day of my disaster, but the Lord was my support. **He brought me out into a spacious place, he rescued me** because he delighted in me. The Lord has dealt with me according to my righteousness; according to the cleanness of my hands, he has rewarded me. For I have kept the ways of the Lord; I have not done evil by turning from my God. All his laws are before me, I have not turned from His decrees.

- Wide space of freedom and protection provided by God
- We will be rescued and free from harm
- Result is from God delighting in me

2 Corinthians 1:3-7

Praise be to the God and father of our Lord Jesus Christ, the father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God. For just as the sufferings of Christ flow over into our lives, so also through Christ our comfort overflows. If we are distressed, **it is for your comfort** and salvation; if we are comforted, it is for your comfort, which **produces in you patient endurance** of the same sufferings we suffer, And our hope for you is firm, because we know that just as you share in our sufferings, so also **you share in our comfort.**

- Comfort in all situations
- Supposed to use our experiences of comfort to help others in trouble
- Our distress is for our comfort and salvation
- Patience is produced from suffering

Habakkuk 2:3

These things I plan won't happen right away. Slowly, steadily, surely, the time approaches when the vision will be fulfilled. If **it seems slow, do not despair**, for these things will surely come to pass. **Just be patient.** They will not be overdue a single day.

- Be patient and trust the Lord
- Expect suffering and worldly pain to persist

Summary Points For Group Discussions

- Through the events of our life you can be completely satisfied and at peace, no matter the circumstances
- Not from ourselves but by God's promise for peace and freedom
- God's ultimate purpose for your life on earth is not comfort, but character development
- He wants us to grow up spiritually and become Christ like
- This does not mean losing your personality or becoming a mindless clone. You are unique, it is about transforming character, not your personality
- God wants us to develop the character of the beatitudes, the fruit of the spirit
- Every time you forget that character development is God's purposes for our life, we will become frustrated by our circumstances
- Life was never promised to be easy or exactly what you think you need for happiness in a worldly way
- These situations are the very things that refine, mold and develop the traits that Jesus so desires in us.

Summary Commentary

What are your worries, your pains in life? What is your vice? Are you holding on to something that you will not or feel that you cannot let go? What relationships have troubled you? What stress and daily worries will

you not let go? What sins in your past have you not forgiven yourself? Will you trust? Just turn it over, lay it at the foot of the cross, it is not your burden to carry. Jesus promises an inner peace if we will only trust and let Him be in control.

Becoming Christ like is a long and slow process, it is not instant or automatic, it is gradual progressive development, and you are a unique being constantly maturing. We are a work in progress, but it will take the rest of our lives.

You can be free, truly free and live with an eternal sense of calm, an eternal sense of understanding, an eternal sense of a loving God. With a spiritual understanding that God is in control, who can be against us? Do you crave this type of peace and freedom from our everyday troubles and concerns? It is our choice; no one is preventing us from this complete freedom and relationship with God, but ourselves!

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Group Exercise 3 – You are Exactly As God Wants

Your uniqueness – 1 Peter 4:10-11

10 Each one should use whatever gifts he has received to serve others, faithfully administering God’s grace in its various forms. 11 If anyone speaks, he should do it as one speaking the very words of God. If anyone serves, he should do it with strength God provides...

1 Corinthians 12:6

6 There are different kinds of working, but the same God works all of them in all men.

GROUP Questions – Be satisfied with your circumstances:

- 1) Did God equip us with all we need?
- 2) Discuss how we are most effective when we use our spiritual gifts and abilities in our “heart’s desire”?
- 3) Are we satisfied with ourselves? Do we usually look toward others and wish we had something else? Why is this true? What does this say about us?
- 4) Describe situations in your own life about total release of pain or stress once surrendering?
- 5) Discuss how pain and discomfort are “given to us” for our comfort and salvation?
- 6) Discuss how pain and stress develop our character
- 7) Discuss scriptures about sharing experiences that God has “blessed you with”

Key Points

- You are unique
- You are and have everything God wanted you to have, there was no mistake
- You are special, one of a kind, no one can perform as you
- Many things can bring us down, our response is the key