

“MAKE ROOM FOR MORE FREEDOM IN OUR LIFE”
LIFE GROUP LESSON

Memory Verse

“So I say, walk by the Spirit, and you will not gratify the desires of the flesh.” (Galatians 5:16)

Scripture focus: Galatians 5:1-24

Dig Deeper

1. Read the early chapters of Galatians. Try to put in your own words what the bondage of legalism was, for the Galatian Christians. What was it that the false teachers were trying to get them to believe about earning their salvation that was so dangerous? How does legalism connect with trying to (“play God”) fix and control things in our own power? How is this principle of being saved by grace instead of works become the foundation of all freedom?

Icebreaker.

1. Choose one of the below or an example you think of that best illustrates what freedom feels like to you.

- The last day of school or graduation night
- Dropping off the children at grandmas for a weekend escape
- Paying the last payment on your student loans or credit card
- Friday at 5 before a long weekend
- Playing in the snow with kids, feeling like you’re a kid again

2. In the movie *Braveheart* the Scots had to choose to risk and be brave for the chance of freedom. Can you think of a past or present struggle you’ve had where you really had to ask for courage fight for freedom and not just give up?

3. Which aspect of the freedom that Jesus already won for us on the cross, do you feel is especially relevant for your faith today?

- a. My guilt was paid for like an old bill; I can throw regret away.
- b. I actually died with Christ; the person I was is buried.
- c. I am in Christ with a new identity; my identity doesn’t come from my past but from what Christ did for me and who He is in me
- d. What Jesus did for me and who the Holy Spirit is in me is bigger than anything that has happened to me.
- e. The power of the Holy Spirit in me is greater than the gravity of sin.
- f. I can face secrets of my past because Jesus is in covenant with me to redeem my failures and past. I have the power to nail old things to the cross.

4. Which of the following steps to freedom do you think God especially wants to lead you to apply this week?

- a. Don't give excuses or license to yourself to permit a secret area of sin to stay in your life.
- b. Quit expecting perfection, embrace and celebrate the next step of progress.
- c. Choose to seek to be real instead of right. Be transparent, break the power of secrets.
- d. Find freedom friends who will love you enough to break down a ceiling with you to get you to your healing.
- e. Quit trying to play God and handle temptations and struggles on your own; surrender to God and ask the Holy Spirit to fill you and lift you above past hurts, habits, and hang ups.

Conclusion

Dale said, "What the Holy Spirit is revealing He is also healing." As you close in prayer feel free to share something Holy Spirit is revealing to you about freedom and change and ask for the group to pray for the healing that Jesus wants to bring with that.