

Free **INDEED**

**FREEDOM GROUPS
CURRICULUM**

WEEK 1: INTRO / OVERVIEW:

John 8:36 - Who the Son sets free is free indeed.

VIDEO HIGHLIGHTS:

Theme Text: John 8:36 - Whom the Son sets free is free indeed.

Stronghold: Something that controls, dominates or ensnares our life

It's not that you don't love the Lord, but strongholds constantly defeat you. Strongholds can hold you back from what God wants to do in you.

TIPS:

1. Come with an expectation and availability.
2. Come prepared. Spend extra time in prayer and worship and even fasting.
3. Be aware. Be mindful that you do have an adversary.

DISCUSSION QUESTIONS:

1. What are some practical things you can do to prepare yourself spiritually for these next few weeks?
2. What are some strongholds you need broken? What are some areas in which you need to experience freedom?

PRAYER:

Heavenly Father, I believe you have positioned me to receive from you. Please keep me focused and protect me as I seek you for freedom from strongholds. I don't want to live like this anymore and I commit the next 6 weeks wholly to you so that I may receive Freedom and live in Freedom from now on. I ask this in Jesus' name, amen.

THIS WEEK'S ASSIGNMENT:

Read and meditate on Psalm 40. How would summarize this Psalm in your own words? Which parts do you connect most with?

WEEK 2: REJECTION

John 8:36 – Who the Son sets free is free indeed.

VIDEO HIGHLIGHTS:

Micah 2:13

God doesn't just want our redemption, He wants our liberation. How does that make you feel?

WHAT IS REJECTION?

Rejection: to throw back, refuse to accept, to discard, to pass over, throw out as useless. We were created for relationships, but we can sometimes fall into an expectation of rejection within relationships. The following are common ways we house the stronghold of rejection:

1. God's Rejected Us
2. Self-Rejection
3. Fear of Rejection
4. Rejection of Others

THE TRUTH ABOUT REJECTION

Isaiah 49:14 Psalm 147:2
Isaiah 55:4-6 Isaiah 62:3-4

DISCUSSION QUESTIONS:

1. Which form of rejection do you most identify with?
2. Can you pinpoint a time when this cycle of rejection started in your life?
3. What scripture that Pastor Zane mentioned would be best for you to meditate and reflect on throughout the week?

DECLARATION:

I am blessed with all spiritual blessings in heavenly places.
If God is for me, who can be against me?
I am chosen by God.
He has not rejected me!
God loves me so much, that He gave His only Son for me.
He chose me and appointed me to bear good fruit.
God contends with those who contend with me.
Spirits of rejection come at me in one direction, but flee in seven!
I am holy and blameless.
I am redeemed through the blood of Jesus.
I have the spirit of wisdom and revelation.
I am an heir of heaven.
I am seated in heavenly places.
I am God's workmanship.
I am fearfully and wonderfully made.
I am a new creation.
I am a citizen of heaven.
I am rooted and grounded in love.
I am more than a conqueror.
I am an overcomer.
I am healed.
I am free!
Lord, EVERYTHING You say about me is true! Amen!

PRAYER:

Thank you, God, for accepting me just as I am. Help me to remember every day that you chose me before I had it all together. Thank you for giving me value, worth, and a purpose. Thank you for reminding me that I am more than just a body. I am everything you designed me to be. Amen.

THIS WEEK'S ASSIGNMENT:

Write a summary of what God is saying to you in the above scripture verses. Take some time and write out the rejection you feel, the reason, and then compare that to what God says about you.

WEEK 3: SHAME

John 8:36 – Who the Son sets free is free indeed.

WHAT IS SHAME:

Shame is most often connected to something that happened in the past.

If we don't break down that stronghold, it disables us to be able to live out our calling. Here is how we disable it before it disables us:

1. Life empowering revelation of salvation
2. Change your language
3. Forgive yourself

THE TRUTH ABOUT SHAME:

Jesus took all shame on the cross- it is NOT your lot in life to carry shame. God looks at you as though you never did it!

Isaiah 54:4

Isaiah 61:7

Zephaniah 3:19

Isaiah 25:8

DISCUSSION QUESTIONS:

1. Which of the three points do you think is your next step to freedom from shame?
2. What could possibly get in the way of you walking in this next step?
3. What are some scriptures you could use as part of changing your language?

DECLARATION:

God chose me before the creation of the world to be holy and blameless in His sight.

Jesus Christ, the Righteous One, has redeemed me.

The blood of Jesus washes away my sin.

The blood of Jesus purifies my heart.

The blood of Jesus cleanses my conscience.

The blood of Jesus gives me a fresh start.

God lifted me out of a slimy pit, out of the mud and mire, and placed me on a ROCK!

I am forgiven -

He remembers my sin no more.

I am forgiven -

He blots out my transgression.

As far as the east is from the west -

Are my sins from me.

As high as the heavens are above the earth -
so GREAT is His love for me.

I no longer condemn myself,
neither does God condemn me.

I silence the accuser now!

Satan is the father of lies.

By the power of the blood - I tear down the veil of shame.

Lord, take these worthless fig leaves -

And clothe me in Your righteousness.

I run from darkness to light.

My face is radiant and unashamed.

Instead of shame, I will receive DOUBLE HONOR!

I will NEVER be put to shame again!

Whom the Son sets free -

is free indeed!

Amen!

PRAYER:

Father, I know you have forgiven me from my past mistakes, but I've a hard time forgiving myself. I pray that you will give me the strength to love myself again. Help me to see myself the way you see me. I commit to you my past and believe you are releasing me to move on because of Jesus' sacrifice for my sins. Thank you for always seeing value in me. In Jesus' name I pray, amen.

THIS WEEK'S ASSIGNMENT:

Write a summary of what God is saying to you in the above scripture verses. Shame occurs because of the past but finds its home in the present. How do the scriptures and teaching help you to process the past? List the ways God sees you in light of the sacrifice of His Son Jesus Christ. Declare that you will choose every day to see yourself the same way.

WEEK 4: SOUL TIES

John 8:36 – Who the Son sets free is free indeed.

WHAT ARE SOUL TIES?

Soul: mind, will and emotions

Soul Tie: mental, emotional bond that fastens to someone

Unhealthy soul ties are most often formed in the sexual arena and are extremely destructive. Anything outside of God's design of sex will lead to unholy soul ties that become damaging in our lives and in our relationships.

THE TRUTH ABOUT SOUL TIES:

Sex is not just an action or momentary experience. Reading Genesis 34, we can see it is the bonding of two souls and has long lasting implications.

We do not have to live under the domination of these soul ties. Jesus, the Lord of the breakthrough, came to break those ties; but we have to speak directly to the soul tie. It needs to be directly addressed.

DISCUSSION QUESTIONS:

1. What are differences between a healthy and unhealthy soul tie?
2. Do you have any unhealthy soul ties in your life? If so, are you holding on to any momentums from that relationship?
3. How can you break that soul tie?
4. Who can you identify in your life that you have a healthy soul tie with?

DECLARATION:

I have been crucified with Christ.
I no longer gratify the cravings of my old sinful nature.
My body is the temple of the Holy Spirit.
My body may be weak, but my spirit is willing.
I am never tempted beyond what I can bear,
God ALWAYS provides the way out.
I flee youthful lusts.
I resist the devil, and he MUST flee from me.
I have the mind of Christ.
I will set before my eyes no vile thing.
I take captive every thought.
My thoughts are true, noble, right, and pure.
I am sober and alert, ready for any attack.
My God arms me with strength and makes my way perfect. He who is in me is greater than he who is in the world. When evil comes, I will stand my ground.
I am a new creation, no more condemnation.
Christ has set me free!
And by His blood
my hands are clean,
my conscience is clear,
my heart is pure.
And the pure in heart, will see His face.
Lord, I want to see your face!
I have only one desire - Your presence in my life.
Show me Your glory!
Amen!

PRAYER:

Lord, I ask that you create in me a pure thought life. I don't want to be bound by my past impurity and I believe today you have set me free. Help me to stay strong through the power of the Holy Spirit. I know I can't do it on my own. Thank you for never leaving my side and for giving me a way out of temptation. Amen.

THIS WEEK'S ASSIGNMENT:

Personal Use Only - Describe throughout your life what you have now come to understand were Unhealthy soul ties?
Healthy soul ties?

WEEK 5: THE MIND

John 8:36 – Who the Son sets free is free indeed.

WHAT IS A STRONGHOLD OF THE MIND?

Our battle is in our minds because the enemy knows the power of the thought life. The way you think, and your thought patterns impact your life more than anything else. You can identify what your thought life is like based on how you respond to difficulties and circumstances.

Strongholds in the mind are most often are formed over years. They effect how we think about ourselves, others and God.

THE TRUTH ABOUT THE MIND.

2 Corinthians 10:4-5 1 Peter 1:13 Romans 8:6

DISCUSSION QUESTIONS:

1. What are some outlets you've let into your mind that may be affecting your thought patterns negatively? (tv, movies, music, people)
2. How can you guard yourself from allowing these things in?
3. Do you have any reoccurring thoughts that are contrary to what God says?
4. What do the strongholds in your mind most often effect; the way you think of yourself, others or God?
5. What is truth that God says about you, others or Himself?

DECLARATION:

God knows me and loves me.
His Spirit is near to me.
He hems me in and protects me,
and heals my broken heart.
Today I receive my healing.
What the devil meant for evil, God will turn for good.
I have authority to overcome all the power of satan.
People may have hurt me, but I am not a victim.
I release all who have hurt me in any way.
I command a blessing on all my enemies.
I entrust them now to the righteous Judge.
I choose to forget the past and leave it behind.
I pull up all bitter roots and throw them in the fire!
Christ has redeemed me from the curse of abuse.
I renounce all anger, resentment and hatred.
I break any generational curse of abuse off my life.
Lord, cleanse my hands of all abuse.
Make my hands reach out in blessing to lift others up.
Lord, cleanse my mouth of all hurtful words.
Let these lips speak words of healing, encouragement, and blessing.
Lord, cleanse my eyes of all looks of hatefulness and intimidation.
Let my eyes show forth love, kindness, and tenderness.
God has a plan for me, a hope, and a future to prosper me and bless me.
He will restore to me all of the years the devil has stolen.
I cast my burden on Him.
The old is gone, the new has come!
Amen!

PRAYER:

Father I give you my mind. My thoughts often run wild and I know that not every thought I think is from you. Help me to hear your voice and to discern through Your Word what thoughts are right and uplifting and what thoughts create disunity and negativity in me. In Jesus' name I pray, Amen.

THIS WEEK'S ASSIGNMENT:

Write a summary of what God is speaking to you in the above scripture verses. What are some ideas or thoughts that you struggle with? What are some areas in your life where you need to begin to speak life not death?

WEEK 6: PROMISED LAND / FREEDOM ENCOUNTER

John 8:36 – Who the Son sets free is free indeed.

VIDEO HIGHLIGHTS:

Philippians 3:13 reminds us to press on towards goal! Ours is FREEDOM! Let your faith be stirred as you prepare for retreat. Don't let the enemy keep you from this. Make sure to continue guarding your mind and come with expectation and a holy anticipation.

THE TRUTH ABOUT FREEDOM ENCOUNTER

The Freedom Encounter will be filled with divine appointments and a life-changing encounter.

DISCUSSION QUESTIONS:

1. Will you respond to every altar call at the Freedom Encounter? If not, why?
2. What changes are you anticipating coming out of this weekend?
3. Spend some time in your Group or with partners praying for one another's experience at the Freedom Encounter.
4. What are you going to do to prepare for the Freedom Encounter Weekend?

DECLARATION:

I declare and proclaim this is MY DAY to lay down my life.

It's no longer I that live,

but Christ lives in me.

I have done nothing -

absolutely nothing -

to earn my salvation.

Jesus, you paid the price for me to live and be free.

God, burn away my pride and consume my sin.

You are my Master.

Not my will, but yours be done!

God resists the proud, so I resist pride.

I embrace humility and put it on like a garment.

I choose to GO LOW.

God's power is made perfect in my weakness.

I boast in my weakness, and God's power rests on me!

I humble myself under God's mighty hand.

He will exalt me whenever and however He chooses.

I empty myself now.

I am a slave to God and a servant to people.

Father, in the name of Jesus, take my life!

Amen!

PRAYER:

Lord, I thank you for the freedom you've given me. Help me to be focused and give me the strength to fight off the attacks of the enemy as I prepare for the weekend encounter. You are my ever-present help in time of need. I thank you in advance for what You will continue to do in my life. In Jesus' name I pray, Amen.

ASSIGNMENT:

Prepare yourself spiritually and physically for the Encounter Weekend! (i.e. fasting-time in prayer-physical rest)



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