
"Pathway Series"
REFLECTION & PRAYER GUIDE

BOOK 2

MY FREEDOM



North Shore
BIBLE CHURCH



When you think of **FREEDOM**,
What comes to mind?

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Recommended Next Steps after completion:

'My Place' Book 3

or 'Defined' Study before going to book 3

PART 1: Freedom Overview

"and you will know the _____, and the _____ will make you _____." **John 8:32**

"Jesus said to him, "I am the way, and the _____, and the life..." **John 14:6**

"So if the Son makes you _____ you will be free _____." **John 8:36**

The goal of **MYFREEDOM** is to help you **DISCOVER**
new ways to **LIVE** in the **FREEDOM** that God has for you.

**"So, remove grief and anger from your heart and put away pain from your body,
because childhood and the prime of life are fleeting." Ecclesiastes 11:1**

FALSE EQUATIONS IN THE SEARCH FOR MEANING

"It's possible to go through life believing that our identity is comprised by the way we look, the things that we have, the things that we do or achieve, or by the circumstances that shape us. Humans are not defined by those things however. They are defined by the value that God assigned to them when He created them uniquely in His image. When someone comes to faith in Christ, they are made a new creation (2 Corinthians 5:17). Being in Christ is about more than changing your habits. In fact, God is the one who is at work changing the Christian. (2 Corinthians 3:18; Philippians 2:13). The Christian then is called to learn how to trust God in every aspect of life, and live in the joy of their new relationship, with God instead of trying to find, or earn that relationship.

When it comes to satisfying our deepest desires, in life, the world we live in offers many "False Equations" that may seem to help us navigate life, but ultimately let us down. Some false equations in the search for identity include:

1. If I manage my external appearance well, I will find acceptance
2. If I perform well, others will love and accept me. (Success = Meaning)
3. If I do what others do, then I will fit in, and life will be easier and more fulfilling.
4. If I marry the right person, or find the right career, hobby, friend group... then life will be more fulfilling.
5. Success = happiness and Failure = hopelessness
6. What are some other false equations in the search for identity?

"If these equations could work for anyone, they would have worked for King Solomon. He was the King of Israel during the greatest years in it's history. He had power, position, wealth, possessions and women. If a meaningful life is the result of appearance, admiration, performance, accomplishments, status or recognition, Solomon would have been the most together man who ever lived. Not only did he possess all that fallen humanity could hope for, but God also gave him more wisdom than any other mortal to interpret it all. What was his conclusion? 'Meaningless! meaningless!... utterly meaningless! Everything is meaningless' (Ecclesiastes 1:2). Solomon sought to find purpose and meaning in life independent of God, and he wrote a book about it. The book of Ecclesiastes describes the futility of humankind pursuing a meaningful life in a fallen world without God. Millions of people climb those ladders of 'success' only to discover when they reach the top that their ladder is leaning against the wrong wall."

Neil Anderson, "Victory over the darkness"

6 QUESTIONS

LEARNING TO LISTEN

1. Are there “things” that are keeping me from what God has for me?
2. Are there “hang-ups” that I have that keep me from pursuing Jesus?
3. Are there “things in my life that I have a hard time breaking away from?
4. Are there “hurts” that I have experienced that still affect me?
5. Are there things that I believe, that aren't true?
6. Are there things I have inherited from someone else?

Hebrews 12:1-3

FREEDOM IS...

WHAT DOES FREEDOM LOOK LIKE?

ORIGINAL DESIGN

WHAT HAPPENED?

PHYSICALLY ALIVE, BUT SPIRITUALLY DEAD

JESUS CAME THAT WE MAY HAVE LIFE (New life/ New Heart)

A NEW CREATION IN A GROANING WORLD

DISCOVERING THE ICEBURG

*Prayerful Listening: Psalm 19:12-14 & Psalm 139:23-24

PART 2: Finding Freedom

REVIEW: John 8:32; John 14:6; John 8:36

True **FREEDOM** is found in _____ but how do I _____ hold of that
for which _____ laid hold of me?

THE GIFT OF FREEDOM

UNDERSTANDING THE GIFT WE HAVE IN CHRIST

Galatians 5:1, 13

Romans 6:5-11 & whole chapter

Colossians. 2:8

2 Corinthians 10:3-5

In Christ, I am...

I AM FREE FROM:

I AM FREE TO:

1. Resolution to the problem of Spiritual Death
2. Hope & purpose in the face of physical death
3. Free to grow
4. Free to rejoice
5. Free to know God
6. Free to choose life
7. Free to be accepted in His family
8. Free from guilt & shame
9. Free from fighting against weakness & helplessness
10. Emotional Freedom & the process of dying to self

PART 2: Finding Freedom

THE EFFECTS OF SIN

HOW SIN EFFECTS LIVING IN FREEDOM

I am **DEAD** to _____ but **ALIVE** in _____

FREEDOM _____ sin takes away my _____ to sin.

Being _____ doesn't mean being _____.

The root of Pride:

Deception:

Rebellion:

1 John 2:15-17

Hebrews 12:1-3

DISCOVERING THE DISCONNECT

WHAT I BELIEVE TO BE TRUE ABOUT

What I **BELIEVE** to be **TRUE** about God & His world affects
the way I **FEEL**, and the **CHOICES** I make.

NOTES FROM TIME OF REFLECTION:

PART 2: Finding Freedom

THE PERSON OF FREEDOM

I CAN ONLY FIND FREEDOM WHEN I LOOK TO JESUS

The Bible says that **Jesus** is...

and I choose to **TRUST** Him in....

SITTING WITH JESUS

HEARING & HOPE FOR LIFE CONTROLLING ISSUES

NOTES/ DRAWINGS/ QUESTIONS...

PART 3: Essential Questions

HOW LONG O LORD?

(REFLECTION EXERCISE)

ARE YOU WILLING?

(REFLECTION EXERCISE)

Luke 5:12-14

Moving from unbelief to belief

HOW DOES THE TRUTH SET ME FREE FROM...

(REFLECTION EXERCISE)

SITTING WITH JESUS

HEARING & HOPE FOR LIFE CONTROLLING ISSUES

PART 4: Heart Blockages

WHEN IT'S HARD TO CARE, TO LOVE, TO TRUST...

2 CORINTHIANS 4:16-18 / GAL. 6:8-10 / HEB. 12:11-17

POSSIBLE REASONS TO LOSE HEART:

1. HURT
2. UNFORGIVENESS
3. ROOT OF BITTERNESS
4. BELIEFS STEMMING FROM TRAUMA
5. BELIEFS STEMMING FROM UPBRINGING
6. LACK OF UNDERSTANDING (I BELIEVE, BUT...) S
7. IRRATIONAL FEAR/ WORRY...
8. RUTS/ NEUROPATHWAYS / CEMENTED MINDSETS/ HABITS
9. HOPELESSNESS/ DISALLUSIONMENT
10. SPIRITUAL Foothold/ OPPRESSION
11. SPIRITUAL POSSESSION (UNBELIEVER)
12. OTHER...

SEEING THINGS IN LIGHT OF GOD, NOT MYSELF.

- DAVID

- WHAT GOD SAYS ABOUT ME & THE WORLD AROUND ME IS TRUE

- PHILIPPIANS 4:4-13

- THE GOSPEL

(CREATION - FALL - REDEMPTION - ADOPTION - - REGENERATION - RESTORATION)



PART 4: Heart Blockages

EPHESIANS 5:13-14

BUT EVERYTHING EXPOSED BY THE LIGHT BECOMES VISIBLE—AND EVERYTHING THAT IS ILLUMINATED BECOMES A LIGHT. THIS IS WHY IT IS SAID: “WAKE UP, SLEEPER, RISE FROM THE DEAD, AND CHRIST WILL SHINE ON YOU.”

SEEING THINGS IN THE LIGHT OF GOD (EXERCISE)

MOVING TOWARD GOD & HIS WAYS WITH...

- PHYSICAL REALITIES
- UNHEALTHY MINDSETS
- SPIRITUAL STRONGHOLDS
- ROOTS OF BITTERNESS
- OTHER...

WHAT I CAN DO

DOES GOD WANT ME TO?

HOW DOES GOD WANT ME TO?

MY NEXT STEP IS...

WHAT I CAN'T DO

DO YOU WANT TO BE WELL?

JOHN 5:6

PART 5: **Renewing our Minds**

READING: ISAIAH 40

**I TRUST GOD'S ABILITY
PURPOSE
PLANS
PERSPECTIVE**

**BECAUSE HE IS GLORIOUS
GREAT
GOOD
GRACIOUS**

WE HAVE THE MIND OF CHRIST (1 CORINTHIANS 2)

1. Powerful in contrast to human wisdom. (v. 5-6 & 8-9)
2. Eternal wisdom now revealed. (v. 7)
3. Knowing the things freely given to us. (v. 10-12)
4. Maturity comes not from mental comprehension,
but from the spiritual depth of the gospel. (v. 13)
5. Can't be understood without the Spirit of God. (v. 14)
6. An discernment granted when spiritual life is given that
brings discernment. this is a work of the holy Spirit in us (v. 15-16)

RESPONDING TO GOD'S MERCY & KINDNESS

Romans 6 The gift of eternal life

Romans 7 The conflict of the new heart/mind & the old flesh

Romans 8 Christ in us through His Spirit gives us a new purpose

Romans 9 The sober reality of God's sovereignty

Romans 10 God's righteousness comes by faith

Romans 11 God's plans are just, merciful, faithful, and unstoppable

- **How should/will I respond to His Mercy & Kindness** (Romans 11:33-12:1)

- **Why is this act of worship holy & acceptable to God?** (Romans 12:1)

ONGOING SPIRITUAL TRANSFORMATION

(ROMANS 12:1)

1. Don't be conformed to this world
2. Cooperate with God's process of renewing your mind
3. Look for the assurance of what God wants for you, (good, acceptable, perfect)

PART 5: **Renewing our Minds**

KEEPING OUR SENSES (2 TIMOTHY 2:20-26)

SOME PRACTICAL STEPS TO COOPERATE W/ GOD IN HIS WORK OF TRANSFORMING US:

1. **Remind yourself to live on purpose, so you will be ready** (v. 20-21)
2. **Redirect your desires while in relationship w/ purehearted worshippers** (v. 22)
3. **Refuse ignorant & foolish speculations** (v. 23-24)
4. **Live with gentleness** (v. 25-26 & Philipians 4:5)

THE ONGOING WORK OF RENEWING MY MIND:

1. **Are there ways I'm being conformed to this world?** (Romans 12:2)
 - a. things I believe that aren't true
 - b. assumptions I overvalue that aren't verified
 - c. purposeless/ empty living
 - d. coping mechanisms
 - e. unhealthy affection/ attachments
 - f. faulty life goals
2. **Am I making myself available to God so that He can renew my mind?** (Romans 12:2)
 - a. His Conviction/ promptings
 - b. His desires for my life (word, prayer, church, house, job, friends, hobbies...)
 - c. Am I willing to uncover the lies that past experiences have taught me?
(You may be viewing current realities through those deceitful lenses)
3. **Am I looking for the assurance of what God wants for me?** (good, acceptable, perfect)
4. **Will I count on *(trust, use...)* God's grace to help me think accurately about myself, committing to work toward only entertaining thoughts that I know are true?** (Rom. 12:3)

IS THIS THOUGHT/ DESIRE/ MINDSET...

circle one:

GOOD

TRUE

FROM GOD

NOT SURE

PRAYER:

GOD, TODAY I THINK YOU WANT ME TO _____

PLEASE HELP ME _____

PART 6: Following Jesus

THE ICEBERG: (REFLECTION EXERCISE)

WALKING BY THE SPIRIT: (OVERVIEW)

1. We need to understand that our flesh has wrong desires that we will carry out if we don't learn to walk by the Spirit. (Gal. 5:16)
2. Some observations from Galatians 5:16-26:
 - a. We are to walk by/ keep in step with Him (5:16)
 - b. We find freedom (5:1-15) from both "legalism" & "license" when we follow Him (5:18)
 - c. He produces a fruit (body of effects) which demonstrate His leading (5:18-23)
 - d. God's Spirit will work in cooperation with the law of Christ (Gal. 5:23; 6:2; 1 Cor. 9:21)
 - e. The believer is free to cooperate, or keep in step with the Spirit because they already have "Crucified the flesh with its passions and desires" (5:24)
 - f. Walking is possible, because life is present (5:25)
 - g. In order to walk by the Spirit, we need to avoid boasting, challenging, and envying one another (5:26)
3. How do we walk by, follow, bear the fruit of the Spirit? (Gal. 3:1-5)
 - a. We go on (continue) "by hearing with faith" (3:2)
 - b. As we hear God by faith, He "Provides" us with the Spirit. (3:5). This is both how our spiritual life began, and how it continues.

BOTTOM LINE: My faith must REST on God THROUGH something I HEAR from God (Gal. 3:1-5). In this way, faith works through love (Gal. 5:6). So, walking by the Spirit has something to do with loving God & others in every circumstance, and for this to happen, I must hear something from God, which opens up my faith (Rom. 10:17). When I hear something from Him with faith, that which I've heard & am trusting works its way out through (*or is activated by*) love. When I am connected with God in this way, I am in step with His Spirit, who demonstrates His fruit in us and through me. So, Paul is not saying that we need to try to have more love, joy, peace... He is saying that when you give opportunity to the flesh there will be evidence, and when you hear God with faith, and operate in love, His spirit will produce a manifold fruit that consists of all of the following: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control, or other "such things".

AUTHENTICITY IN COMMUNITY:

- 1. This was designed to be lived out together in a local church. (Gal. 5:1-15)**
 - Freedom in Christ was meant to be lived out in love together (5:14-15).
 - It is impossible to love God walking in His ways together through Jesus-centered fellowship. (1 John).
 - Much of New Testament Truth cannot be heard, trusted and lived out in love apart from a local Church because they are direct commands to be obeyed in the context of the local church.
 - The collective of believers together, under the headship of Christ (Eph. 1), and protection of Elders (Eph. 20), are the temple of the Holy Spirit, so it's impossible to walk by the Spirit separately from local Church (1 Cor. 3:16-17)
 - The Bible says that those who separate themselves, "seek their own desires" (Prov.18:1) and should heed the warnings about drifting away (Heb. 2:1) and neglecting the gathering together (Heb. 10:21).
- 2. It takes trust to be authentic together, therefore each one must consistently pursue the application of the "one another" statements in the New Testament.**

LISTENING TO GOD:

- 1. We must know His voice by resting in Him and following Him. (John 10:27)**
- 2. We must listen to God through the teaching of His word.**
 - God has spoken scripture in His Son (Heb. 1), who is the Word of God (Jn.1).
 - The Holy Spirit has taken what was Jesus' and revealed it to the Apostles who wrote the New Testament Letters. (John
 - Commitment to the Apostles teach (the faith; sound doctrine...) is a mark of growing Christians from Acts 2 - Revelation 3.
- 3. We must listen to the inner testimony of His Spirit (Rom. 8:14-17)**

Those who listen build their lives on the words of truth (Matt. 7:24). This means that we need to grow in our ability to respond to a fitting truth from God in our circumstances, instead of simply reacting. Think through a real life circumstance where you may find it easier to respond to the desires of your flesh than to walk by His Spirit. For this circumstance, find a verse, or biblical principle that could help you love God & others while you're in the middle of the circumstance. write this in the first box. In the second box, write about a real circumstance you're struggling with now, or one that you think will come up again in the near future. Then talk to God about this circumstance, and especially about your choice to trust Him, and His word in the middle of it. In the third box, write about how you could ask & trust God to help you redirect your negative emotions into love for God & others.

HEAR

WHAT TRUTH DOES GOD
WANT ME TO HEAR?

TRUST

...SO I CAN TRUST HIM
AND HIS WORD WHEN...

LOVE

...BECAUSE I WANT TO
LOVE GOD AND OTHERS.

KEEPING THINGS IN BALANCE

WEEKLY RHYTHMS

WHAT THINGS TO I MAKE
SURE I DO EACH DAY/ WEEK?
(exercise, meals, hobbies...)

BIBLICAL RHYTHMS

WHAT THINGS DOES GOD WANT
ME TO INCORPORATE?
(Daily, Weekly, Monthly, Yearly)

BIBLICAL BALANCE

KEEPING THINGS IN BALANCE,
SO I CAN HEAR GOD, AND WALK
BY THE SPIRIT.

Hearing:

Trusting:

Loving God:

Loving Others:
Church & Community

Does my weekly rhythm have
more, or less than what God
wants for me?

Am I trusting in my schedule,
or my efforts, instead of God?

When do I rest & recreate?

SPEAKING:

DO I SAY THINGS GOD DOESN'T WANT ME TO? (EVEN JUST TO MYSELF)
Gossip, untruths, half-truths, self-deprecation, slander, belittling...

ARE THERE THINGS I SHOULD SAY TO SOMEONE, BUT WON'T?
Asking forgiveness, correct misconceptions, a truth that might help...

WILL I TRY TO HANDLE THIS ON MY OWN, OR ASK & TRUST GOD FOR HELP?
*See James 3:8

EPHESIANS 4:29-30

Let no unwholesome word proceed from your mouth, but only such a word as is good for edification according to the need of the moment, so that it will give grace to those who hear. Do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.