



# GROUP STUDY GUIDE

## WEEK 2 OF FREEDOM

The Cypress Group Study Guide will pause beginning August 21 as small groups shift to the new Freedom Small Group curriculum for the Fall Semester.

FREEDOM books are available for \$10 at your campus store, and each purchase includes a free T-shirt (while supplies last).

### WARM-UP QUESTION

If your spiritual life were like a video game, which power-up would you need the most: “Extra Prayer Boost”, “Faith Shield Recharge”, “Temptation Blocker 3000”, or something else?

### DISCUSS

What does it mean to invite and let the Holy Spirit 1) **show you** (Ephesians 1:17-18), 2) **change you** (Psalm 51:10-11), and 3) **guide you** (Isaiah 58:11-12)? Which aspect do you struggle with the most? What practical step(s) can you take this week to grow in that area?

#### Read Ephesians 6:12 (NLT).

- Who or what does Paul list as our real opponents in this verse?
- Why is it important to understand that our battle is not primarily physical?
- How much do you engage in prayer when fighting your battles? Are there any current battles where you have not been incorporating prayer enough?

#### Read Proverbs 4:23 (NLT).

- What is the command given in this verse? What might doing so look like in practical terms?
- What does it mean to “keep” or “guard” your heart? How is that different from ignoring or indulging it?
- What are the potential consequences of *not* guarding your heart carefully? How have you experienced these in your life?

#### Read 1 Samuel 16:7 (NLT).

- What are some characteristics that the world looks at? What are some characteristics that the Lord looks at?
- How does it encourage you to know that David—young and unimpressive in appearance—was God’s choice?
- How often do you find yourself judging others—or yourself—based on appearance, status, or accomplishments?

#### Read Luke 6:27-28 (NLT).

- What four specific commands does Jesus give in these two verses?
- What kind of people are we called to treat kindly in this passage?
- How does this instruction mirror the takeaway from 1 Samuel 16:7?
- How do you typically respond to those who hate, curse, or abuse you—man’s way or God’s way?

#### Read Ezekiel 36:26-27 (NLT).

- How would you describe a “heart of stone”? Why do we need to develop a “heart of flesh”?
- What is the role of the Spirit mentioned in verse 27?

- Have you experienced God softening your heart in any specific area of life? What did that look like?