

FREEDOM DEVOTIONAL

Welcome to this 13-week devotional series, created to go hand-in-hand with the Freedom Group Curriculum. Think of this as your personal guide to digging deeper into your freedom journey with Christ, with each week focusing on a different theme to help you grow in your faith and live more fully in God's freedom.

Every week, you'll find seven devotionals that follow a simple structure:

PAUSE: Start by taking a moment to breathe, center yourself, and pray—letting go of stress and focusing on God's presence.

REFLECT: Dive into a Bible passage or thought for the day, and take time to think about how it connects to your own life.

ASK: Get real with God by asking Him specific, guided questions, and listen for His response as you reflect on your journey.

YIELD: This is where you let go—handing over control and trusting God with areas where you need His help or direction. Finish by praying, using your own words to ask for God's guidance and invite Him into every part of your life.

Each day is designed to help you take the truths from the Freedom Group Curriculum and make them real in your daily life. You'll have the chance to journal your thoughts, reflect on what God is teaching you, and take practical steps toward living out the freedom Christ offers.

What makes this devotional series extra special is that each week is written by a pastor or staff member from Christ Church. They've poured their own freedom experiences and the truths God has led them through into these devotionals. Every author brings a unique perspective, sharing their journey to freedom with the hope it will encourage you on yours.

If you'd like to connect with any of the authors or talk more about your own journey, feel free to reach out to us at freedom@christpeople.church, and we'd be happy to set up a time to chat.

The weekly devotionals will be available for free download online in the upcoming weeks, or you can request a printed version when they're ready. This resource is completely free of charge—we just want to support you as you walk in the freedom God has for you!

To view and download the free Freedom Group Curriculum, video teachings and devotional, visit christpeople.church/freedom-ministry-resources

FREEDOM DEVOTIONAL

RECONNECTING TO LIFE

AUTHOR

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RECONNECTING TO LIFE

MEMORY VERSE

For the Lord is the Spirit, and wherever the Spirit of the Lord is, there is freedom.

2 Corinthians 3:17

DAY 1

Take a moment today to reflect on where true freedom comes from. It's the presence of God's Spirit that brings freedom, not our efforts or good deeds. In laying down the belief that "doing good" earns God's favor, we can rest in the truth that Christ's sacrifice has already reconnected us with the Father.

PAUSE

Before you dive in, pause for a moment and center your heart on God through prayer:

God, I bring myself before You today. I fix my attention on Your truth. As I inhale, I focus on Your goodness and faithfulness. As I exhale, I release my worries, anxieties, and fears. Let the memory verse be my prayer:

"For the Lord is the Spirit, and wherever the Spirit of the Lord is, there is freedom"

2 Corinthians 3:17.

REFLECT

As you walk in freedom, it's important to remember where you started. When sin entered the world, everyone lost something. But through His love, God made a way for us to experience the same freedom Adam and Eve had when they walked with Him in the garden. Reflect on your good Father, the One who gives good gifts and offers a path to overcome the bondage of sin. Rest in the truth that God desires your freedom and longs for a relationship with you.

ASK

The Holy Spirit knows you deeply and is the provider of your freedom. Only through Him can you take the first steps toward the freedom God has designed for you. Take a moment to ask God these questions and listen for His response. Write down what you hear.

- *Am I still living from the tree of knowledge, relying on myself to stay on the “good” side?*
- *Am I truly handing my sins over to Your Spirit and grace, leading me to real repentance?*
- *What steps do I need to take to release my sin into Your hands?*

YIELD

As you surrender, consider Proverbs 3:5.

“Trust in the Lord with all your heart and do not lean on your own understanding.”

Solomon knew that his own understanding wasn't enough. Continuing to live by mere knowledge will not lead you to the new life God offers.

Today, take a fresh look at your life. What practical steps will you take to surrender to God's truth?

God, today I choose to...

God, help me to discover...

God, awaken within me...

Father, I surrender my best thinking and self-dependence to You. I confess that I've tried to lead myself in areas where I need Your guidance. I give them over to You today. Give me Your heart, give me life! Help me reconnect with You, my source of hope and life. Amen.

RECONNECTING TO LIFE

MEMORY VERSE

For the Lord is the Spirit, and wherever the Spirit of the Lord is, there is freedom.

2 Corinthians 3:17

DAY 2

Today, continue reflecting on where true freedom comes from. It's the presence of God's Spirit that sets us free. By letting go of the belief that "doing good" earns us favor with God, we can rest in the truth that Christ's sacrifice reconnects us with the Father.

PAUSE

Before you dive in, pause for a moment and center your heart on God through prayer:

God, I bring myself before You today. I fix my attention on Your truth. As I inhale, I focus on Your goodness and faithfulness. As I exhale, I release my worries, anxieties, and fears. Let the memory verse be my prayer:

"For the Lord is the Spirit, and wherever the Spirit of the Lord is, there is freedom."

2 Corinthians 3:17

REFLECT

When Adam and Eve sinned, humanity was disconnected from the source of life, subject to the consequences of knowing both good and evil. In response, God initiated His redemptive plan—salvation through Jesus. Like Thomas and Philip in John 14, we often question how we can be made right with God, not realizing the answer has always been right in front of us: Jesus.

Until we recognize our heavenly Father in Christ, and understand that He's always been ready to receive us just as we are, we won't fully grasp that no action of ours can pay the price for sin. Jesus tells us in John 14:6,

"I am the way, the truth, and the life. No one comes to the Father except through me."

Our faith in Christ is what makes us right in God's eyes. When we die to our old selves in Christ, we are raised to new life, reconnected with our true source—God.

ASK

The first step is believing that Christ's sacrifice is sufficient for you. Take time to listen for God's voice and journal what you hear as you reflect on these questions:

- *God, would You reveal what I truly believe about Your gift of salvation?*
- *Where am I trying to earn Your love, favor, or forgiveness?*
- *Reveal any doubts I have that Jesus is the way to You and everything You offer?*

YIELD

As you yield your heart, embrace the truth that Jesus is the only way to the Father. Meditate again on John 14:6.

“I am the way, the truth, and the life. No one comes to the Father except through me.”

God, today I choose to surrender to the truth that Christ is the only way to salvation.

In light of that truth, I give up the doubt that...

Father, help me know Your truth, believe it fully, and follow it wholeheartedly. Thank You for sending Jesus, my Rescuer, to bridge the gap that sin created in my life. As I draw near to You, reveal the path You’ve set for me and your purpose for my life. Amen.

RECONNECTING TO LIFE

MEMORY VERSE

For the Lord is the Spirit, and wherever the Spirit of the Lord is, there is freedom.

2 Corinthians 3:17

DAY 3

As you continue reflecting today, remember that your true freedom comes from the Spirit of God. When you let go of the idea that “doing good” earns you a right relationship with God, you can rest in the truth that Christ’s sacrifice has already reconnected you with the Father.

PAUSE

Before you dive in, pause for a moment and center your heart on God through prayer:

God, I come to You today. I fix my attention on Your truth. As I inhale, I focus on Your goodness and faithfulness. As I exhale, I release my worries, anxieties, and fears and receive the truth,

“For the Lord is the Spirit, and wherever the Spirit of the Lord is, there is freedom.”

2 Corinthians 3:17

REFLECT

Today is a day to rejoice as you remember what you've received through Christ. God desires you to live a full life in Him. In the beginning, God provided a perfect life for humanity—where all needs were met, and man was fully alive in communion with the Father. Even now, despite the lies of the enemy, God still longs to give you abundant life through Christ. He intends for you to experience the joy of living in His kingdom right now.

Satan's only goal is to sever the bond between you and the life God has purposed for you. When you resist his lies, you say "Yes" to the freedom and abundant life that Christ promises. John 10:10 reminds us:

"The thief's purpose is to steal and kill and destroy. My purpose is to give them life, a life that is rich and abundant."

You have a choice between two purposes: one that seeks to destroy and one that gives life.

ASK

Take some time to listen for God's voice and write down what He reveals to you.

- *God, do I truly believe You've given me life? Please reveal any lies I've believed that keep me from receiving the abundant life You have for me.*
- *God, am I fully trusting You to provide for all my needs?*

YIELD

Go back to the verse and open your heart to hear God's truth. Yield yourself to the reality that God desires for you to live a full, abundant life today.

"The thief's purpose is to steal and kill and destroy. My purpose is to give you life, a life that is rich and abundant."

Today, I choose to let go of the lie that You don't want me to be healed from...

God, help me to discover...

God, You know what is best for me. Please fill me with Your...

Father, help me live today to the fullest, trusting in Your desire to give me a rich and abundant life. I lean on You alone for my needs and let go of every doubt, knowing You have my best in mind. Holy Spirit, walk with me today as I move forward on the perfect path You are creating. Amen.

RECONNECTING TO LIFE

MEMORY VERSE

For the Lord is the Spirit, and wherever the Spirit of the Lord is, there is freedom.

2 Corinthians 3:17

DAY 4

As you continue reflecting today, remember that your true freedom comes from the Spirit of God. When you let go of the idea that “doing good” earns you a right relationship with God, you can rest in the truth that Christ’s sacrifice has already reconnected you with the Father.

PAUSE

Before you dive in, pause for a moment and center your heart on God through prayer:

God, I come before You today. I fix my attention on Your truth. As I inhale, I focus on Your goodness and faithfulness. As I exhale, I release my worries, anxieties, and fears. I meditate and trust the memory verse,

“For the Lord is the Spirit, and wherever the Spirit of the Lord is, there is freedom.”

2 Corinthians 3:17

REFLECT

The Christian life isn't just about changing—it's about exchanging. We often spend so much time trying to change ourselves when what we really need is to exchange our old life for Christ's life. I often have to remind myself of this truth: I've exchanged my heart of stone for a heart of flesh. Ezekiel 36:26-27 says:

“And I will give you a new heart, and I will put a new Spirit in you. I will take out your stony, stubborn heart and give you a tender, responsive heart. And I will put my Spirit in you so you will follow my decrees and be careful to obey my regulations.”

Whenever you feel stuck, come back to this truth—you've been given a new heart through Christ.

ASK

Today, you may need to ask God to remove any remaining hardness in your heart, or even for the first time. Allow God to speak to you and fill you with truth as you move forward with a tender heart. Consider asking:

- *Father, do I still have a heart of stone, or have I fully accepted Your heart of flesh?*
- *Is my heart part stone and part flesh, causing me to waver between following You and relying on my own understanding?*

YIELD

Today, courageously exchange your old life for new life in Christ.

God, as I let go of an unresponsive heart and embrace a heart eager to follow Your commands, I choose to...

Your Holy Spirit, which You promised me, is alive and active. I give Him permission to remove...

God, please take away the stubbornness that is keeping me from...

Lord, I close today's prayer with joy and peace, knowing You've given me everything I need for this great exchange. Continue to replace any part of my life that I haven't fully surrendered to You with more of Your presence. I trust in Your goodness and hope in Your promises, which draw me closer to the heart of the Father. Give me strength today to withstand the pressures of the world, and boldness to let Your heart be shown through my actions. Amen.

RECONNECTING TO LIFE

MEMORY VERSE

For the Lord is the Spirit, and wherever the Spirit of the Lord is, there is freedom.

2 Corinthians 3:17

DAY 5

As you continue to reflect, remember that your true freedom comes from the Spirit of God. Let go of the idea that “doing good” alone brings you closer to God. Instead, rest in the truth that Christ’s sacrifice has already reconnected you with your Father.

PAUSE

Before you go any further, take a moment to pause and fix your attention on God through prayer.

God, I bring myself before You today. I fix my attention on Your truth. As I inhale, I focus on Your goodness and faithfulness. As I exhale, I release my worries, anxieties, and fears. Let the memory verse be my prayer:

“For the Lord is the Spirit, and wherever the Spirit of the Lord is, there is freedom.”

2 Corinthians 3:17

REFLECT

Knowledge doesn't always mean truly knowing. You can know a lot about someone—like a celebrity—and still not really know them. You may know what they like to eat, where they live, or their favorite places, but they don't know you. Paul speaks of this deeper knowing when it comes to God. You can know about Jesus, but that doesn't mean you've placed your trust in Him or have a real relationship with Him. Romans 1:21 says:

“Yes, they knew God, but they wouldn't worship him as God or even give him thanks. And they began to think up foolish ideas of what God was like. As a result, their minds became dark and confused.”

It's only through personal encounter with God that you move beyond knowledge to truly knowing Him. Knowing that God is all-powerful is one thing; experiencing His power in your life is another. That's where transformation happens—when you stop just knowing about God and start living a Spirit-filled life with Him.

ASK

Today, bring yourself before God and ask to know Him more deeply, to experience Him fully. Listen and journal what He speaks to you:

- *God, reveal to me who You are and who You say I am.*
- *God, do I have any foolish ideas about who You are?*
- *God, give me a word, image, or vision that shows me more of who You are today.*

YIELD

Take this time to replace any mistaken beliefs about God with the truth of His character. Let this guide your worship and deepen your relationship with Him.

God, I commit to taking the word, image, or vision You've given me and writing it down, placing it somewhere I can see daily.

Help me discover more of Your true character today by...

Allow me to reflect Your nature to others today by...

Lord, I'm tired of just knowing about You—I want to know You more deeply. Bring me into a place of worship and thankfulness today. Remove any darkness or confusion that my own foolish ideas of You may have caused, and replace it with revelation and understanding. Thank You for rescuing me and allowing me to experience Your power and truly know You. Amen.

RECONNECTING TO LIFE

MEMORY VERSE

For the Lord is the Spirit, and wherever the Spirit of the Lord is, there is freedom.

2 Corinthians 3:17

DAY 6

As you continue to reflect, remind yourself that true freedom comes from the Spirit of God. Let go of the idea that following rules or “doing good” will bring you closer to God. Instead, rest in the reality that Christ’s sacrifice has already reconnected you with the Father.

PAUSE

Before you go any further, take a moment to pause and fix your attention on God through prayer.

God, I bring myself before You today. I fix my attention on Your truth. As I inhale, I focus on Your goodness and faithfulness. As I exhale, I release my worries, anxieties, and fears. Let the memory verse be my prayer:

“For the Lord is the Spirit, and wherever the Spirit of the Lord is, there is freedom.”

2 Corinthians 3:17

REFLECT

If you're like me, you probably love lists. To-do lists, grocery lists, bucket lists—they help us stay organized and on track. But what happens when we turn our relationship with God into just another checklist? God, the Creator of relationships, never intended for us to shrink our connection with Him into a series of tasks or rules to follow. He longs for something much deeper. Romans 7:6 tells us,

“But now we have been released from the law, for we died to it and are no longer captive to its power. Now we can serve God, not in the old way of obeying the letter of the law, but in the new way of living in the Spirit.”

God is inviting you to exchange your checklist for abundant life in the Spirit! Through the Spirit, you can serve and worship God from a place of freedom, no longer bound by the law or rules. Your spirit, which comes from the breath of God, now unites with the Divine Spirit, drawing you into deep communion with the Father. Instead of being tied to a list of religious activities, you are brought into a relationship that is dynamic, full of life, and led by the Spirit. The law once brought bondage, but now you can serve God without fear, in holiness, and with joy.

ASK

Take time today to go to a quiet place and ask God to search your heart. Listen closely for how He might speak to you, and journal what you hear.

- *God, have I reduced my relationship with You to a checklist?*
- *Am I willing to throw away my list and trust You to show me how to spend time together?*

YIELD

As you open yourself to receiving from God through a Spirit-led relationship, He may lead you to live differently. Embracing this Spirit-led life will allow you to display the fruits of intimacy with your Father in your daily walk.

God, trusting that I am no longer a captive to the law, today I choose to...

Because Your Spirit is with me, I will show others who You are by...

Father, thank You for revealing where I've fallen short in our relationship. Today, I give up my checklist and replace it with intimacy and worship. I choose constant communication with You throughout my day, allowing Your Spirit to lead me. Help me to embrace the freedom You offer through Your Spirit, moving me from mere awareness of You to closeness with You. I yield my spirit to Yours, and I trust You to guide me into the abundant life You've prepared for me. Bring me moments today to commune with You in a deeper way. Amen.

RECONNECTING TO LIFE

MEMORY VERSE

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2 Corinthians 3:17

DAY 7

As you wrap up this journey, take time to thank God for the freedom you now walk in. Reflect on the assurance that it is the Spirit of God who is your true source of freedom. You've let go of the mindset that "doing good" earns you a right relationship with God. Now, you can rest in the truth that Christ's sacrifice has fully reconnected you with your Father.

PAUSE

Before you go any further, take a moment to pause and fix your attention on God through prayer.

God, I bring myself before You today. I fix my attention on Your truth. As I inhale, I focus on Your goodness and faithfulness. As I exhale, I release my worries, anxieties, and fears. Let the memory verse be my prayer:

"For the Lord is the Spirit, and wherever the Spirit of the Lord is, there is freedom."

2 Corinthians 3:17

REFLECT

Starting something new can be difficult. Whether it's beginning a new workout routine, a diet, or—like your freedom journey—shedding your old self to accept God's shaping, change requires perseverance. You may have even looked at yourself and thought, "Something has to change. I need to shed this weight."

But, if you're honest, past efforts at change might have failed because they were driven by earthly motivations and powered by your own strength. This journey, however, is different. Your freedom comes from a heavenly motivation, guided by a "Spiritual Trainer"—the Holy Spirit—and your authority now comes through your new identity in Christ. Colossians 2:10 reminds us:

"So you also are complete through your union with Christ, who is the head over every ruler and authority."

Through Christ, you have been raised to new life! You are seated with Him at the right hand of the Father, walking in His authority. This means that you have the power, through the Holy Spirit, to overcome any attack or lie the enemy throws your way. You can reject anything that seeks to undermine your true identity in Christ.

ASK

It's not a question of whether you want freedom—it's whether you're ready to live daily in the authority Christ has given you. Ask God to search your heart, and journal what He reveals to you:

- *God, do I truly believe I am seated with Christ at the right hand of the Father, with great authority?*
- *Am I relying on my own strength or another earthly source of authority to overcome my brokenness?*

YIELD

Today, you may need to release your own plans for change and surrender the desire to create change in your own power.

God, because of the authority You've given me, I stand on Your Truth against the lies of the enemy today by...

Help me to put Your truth into practice today by...

Today, I ask in confidence that You would awaken within me...

Lord, thank You for the precious gift of Your Holy Spirit. Thank You for the grace You've poured out on me as I learn to walk in true freedom. Holy Spirit, I invite You to go before me—moment by moment, day by day—as I continue this journey. Remind me of the authority I have in Christ, and give me the strength to stand against the enemy's attacks. Help me to walk in the confidence of my new identity and draw closer to You as You refine me in the days and weeks to come. I trust You with my freedom journey. Amen.