

FREE DOM

LEADER WORKBOOK

AN 8-WEEK JOURNEY

“It is for freedom
that Christ has
set us free.”

Galatians 5:1



FREEDOM

THE SESSIONS

WEEK 1

The Two Trees

WEEK 2

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The Power of Words

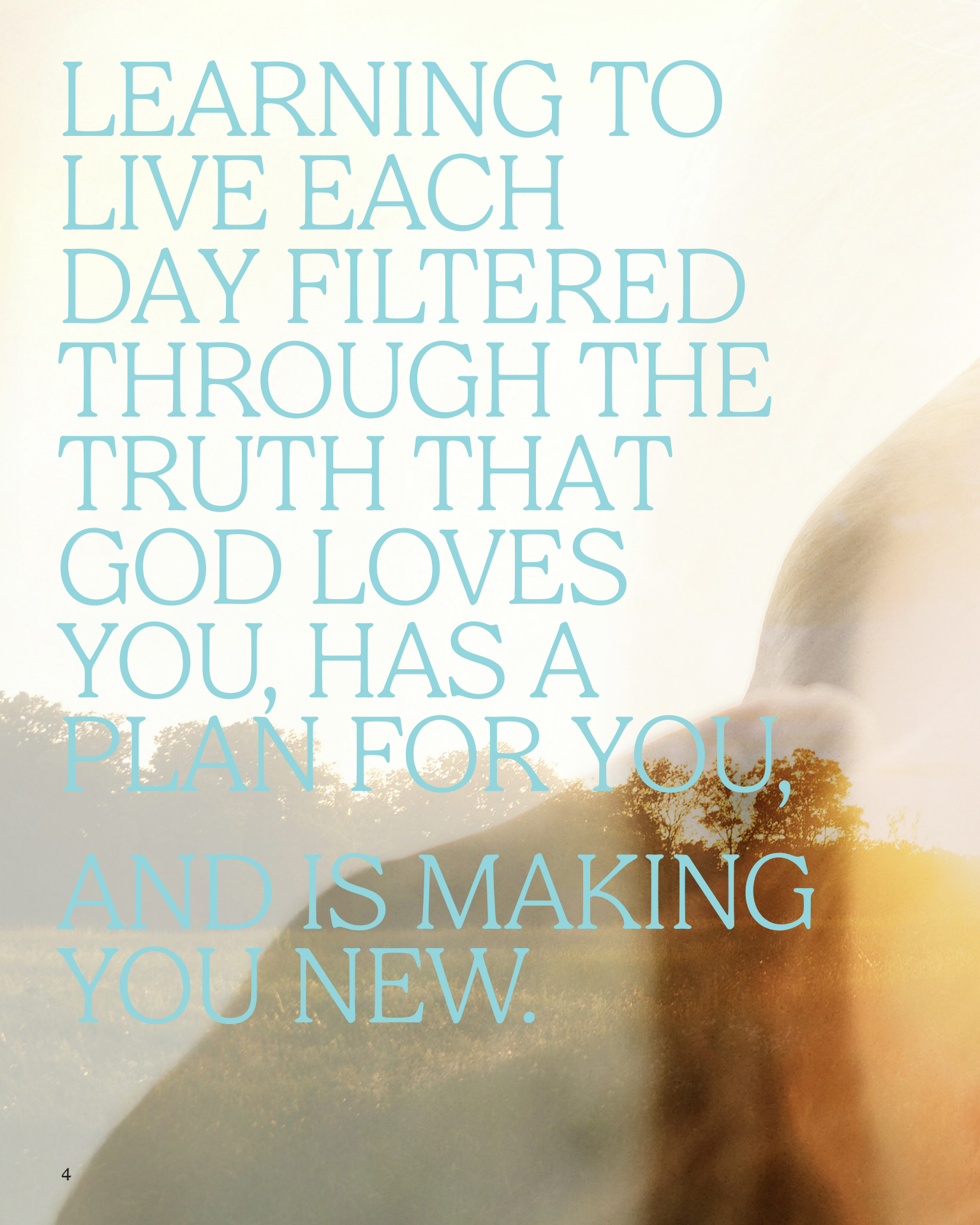
WEEK 7

The Living Word

WEEK 8

Vessels of Honor

SMALL GROUP WORKBOOK
8-WEEK JOURNEY



LEARNING TO
LIVE EACH
DAY FILTERED
THROUGH THE
TRUTH THAT
GOD LOVES
YOU, HAS A
PLAN FOR YOU,
AND IS MAKING
YOU NEW.



WELCOME LEADER

Thank you for stepping up to lead a Freedom group. Over the next eight weeks you'll help a group of people move from salvation into the freedom God wants them to walk in. You don't need to be a Bible expert or have it all together — your role is to create a safe space, facilitate honest conversation, and point people to Jesus. The Holy Spirit and the Word do the transforming; you get to host the room where it happens.

Some weeks — especially the heart, forgiveness, and surrender — may surface deep emotion. That's good and expected. Lead with warmth, keep what's shared confidential, and never pressure anyone to talk or rush them through their process. Celebrate honesty over 'right answers,' and trust God to finish what He starts in each person.

This guide is laid out so that each week's leader agenda is followed immediately by that week's participant workbook pages — the video notes, the 5-day plan, and the journal — so you have everything for the session in one place, in order.



HOW TO USE THIS WORKBOOK

Every session follows the same six-part flow, so your group always knows what to expect. Times are suggestions for a 60–75 minute meeting, adjust to fit your group and the length of each video.

THE WEEKLY AGENDA

- Welcome, plus the 12-minute Welcome video in Week 1 (~5–15 min)
- Review & Highlights from the past week, in Week 1, ‘Getting to Know You’ instead (~10 min)
- Introduction to the video, then watch it together (~5 min + video)
- Four discussion questions (~25–30 min)
- Closing for the night & prayer (~10 min)
- Instructions for the week ahead (~5 min)

THE FOUR TYPES OF DISCUSSION QUESTIONS

Each session’s four questions move the group from comfortable to moving truth to action, in this order:

- **Launching:** A nonthreatening opener with no right or wrong answer, it simply gets everyone talking.
- **Understanding:** Checks that the group grasped the main point of the teaching.
- **Sharing:** Invites people to share their own experience with the topic.
- **Application:** Moves the truth into action, how will they live it out this week?

TIPS FOR LEADING DISCUSSION

- Ask, then wait. Silence is okay, give people room to think before someone answers.
- Invite, don’t require. Let people pass; no one has to share.
- Keep confidence. What’s shared in the group stays in the group, remind everyone of this often.
- Redirect gently. Keep the conversation on track and Christ-centered.
- You don’t have to have every answer. It’s fine to say, ‘Let’s find that out together.’

“It is for freedom
that Christ has
set us free.”

Galatians 5:1

THE TWO TREES

WEEK ONE

WEEK 1 - THE TWO TREES

WELCOME • ~15 min

Welcome everyone to the first night of Freedom. Since there's no previous session yet, take a few minutes to introduce the journey: over eight weeks we're learning to walk in the freedom God wants for us. Set the tone, this group is a safe, confidential place, and no one is ever required to share. Make sure everyone has a workbook and knows it includes video-notes pages, a 5-day plan, and a journal for each week.

Begin by playing the Freedom Welcome video, which introduces the eight-week journey and what to expect. Welcome video length: approximately 12 minutes.

GETTING TO KNOW YOU • ~10 min

Go around the room and have each person share their name and one thing they're hoping to get from this Freedom journey. Keep it relaxed, this is about beginning to build trust as a group.

INTRODUCTION TO THE VIDEO • ~5 min + video

Tonight's teaching, The Two Trees, looks at the choice God set before us in Eden: the tree of the knowledge of good and evil versus the tree of life. One says, 'Do more to get to God'; the other says, 'Receive what Jesus has already done.' Watch for how the tree we feed on shapes whether we live in shame and striving or in confidence and freedom.

Video length: 29 minutes

Then watch the Week 1 video together. Remind everyone to fill in their video-notes blanks as they watch.

DISCUSSION QUESTIONS • ~25–30 min

- **Launching:** When you hear the word 'freedom,' what's the first picture or feeling that comes to mind?
- **Understanding:** In your own words, what's the core difference between living from the tree of the knowledge of good and evil and living from the tree of life?
- **Sharing:** Can you think of a season when you were trying to 'do more' to earn God's approval? What did that feel like?
- **Application:** This week, what's one specific way you can receive what Jesus has already done instead of striving for it?

CLOSING & PRAYER • ~10 min

Thank everyone for coming and for taking the first step. Remind them the goal of these weeks is relationship, not performance.

Prayer: Ask God to reveal where each person has been striving to earn His love, and to help them begin receiving the freedom Jesus already purchased.

THIS WEEK • ~5 min

Encourage everyone to complete the Week 1 video notes (filling in anything they missed), then work through the 5-day plan, Read, Reflect, Apply, Pray, and use the journal page at the end. Consistency matters more than perfection.

VIDEO NOTES

Fill in the blanks as you watch Session 1.

WHICH TREE AM I CHOOSING?

The tree of the knowledge of good and evil says: **DO MORE** to get to God.

The tree of life says: Receive the fact that Jesus has already **DONE IT**.

John 5:39-40 NIV “You study the scriptures diligently because you think that in them you have eternal life. These are the very Scriptures that testify about me, yet you refuse to come to me to have life.”

The tree of the knowledge of good and evil says: Keep trying to get God’s **APPROVAL**.

The tree of life says: Receive the fact that He **ALREADY LOVES YOU**.

Romans 5:8 NIV “But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.”

In the tree of the knowledge of good and evil: Sin results in **CONDEMNATION**.

In the tree of life: Sin results in **CONVICTION**.

Romans 8:1 NIV “Therefore, there is now no condemnation for those who are in Christ Jesus.”

The tree of the knowledge of good and evil says: Obey out of **DUTY**.

The tree of life says: Obey out of **DELIGHT**.

1 John 5:3 NIV “This is love for God: to keep his commands. And his commands are not burdensome.”

Without choice there is no **RELATIONSHIP**.

THE FRUIT OF THE TREE OF THE KNOWLEDGE OF GOOD AND EVIL

1. The fruit is **KNOWLEDGE**.

1 Corinthians 8:1 NIV “We all possess knowledge. But knowledge puffs up while love builds up.”

2. The fruit is **DEADLY**.

Genesis 2:16-17 NLT “You may freely eat the fruit of every tree in the garden—except the Tree of the Knowledge of Good and Evil. If you eat its fruit, you are sure to die.”

VIDEO NOTES CONT.

3. The fruit is CONSUMED .

Genesis 3:6 NLT “The woman was convinced. She saw that the tree was beautiful and its fruit looked delicious, and she wanted the wisdom it would give her. So she took some of the fruit and ate it. Then she gave some to her husband, who was with her, and he ate it, too.”

4. The fruit causes SEPARATION .

Genesis 3:8 NASB “The man and his wife hid themselves from the presence of the Lord God among the trees of the garden.”

Choosing to eat from the Tree of the Knowledge of Good and Evil will produce SHAME and VICTIMIZATION.

Genesis 3:10-13 NLT “I heard you walking in the garden, so I hid. I was afraid because I was naked.” “Who told you that you were naked?” the Lord God asked. “Have you eaten from the tree whose fruit I commanded you not to eat?” The man replied, “It was the woman you gave me who gave me the fruit, and I ate it.” Then the Lord God asked the woman, “What have you done?” “The serpent deceived me,” she replied. “That’s why I ate it.”

VICTIMIZATION is a natural response to our sin.

THE FRUIT OF THE TREE OF LIFE

1. CONFIDENCE in our relationship with God.

1 John 4:9-10 NLT “God showed how much He loved us by sending His one and only Son into the world so that we might have eternal life through Him. This is real love—not that we loved God, but that He loved us and sent his Son as a sacrifice to take away our sins.”

2. Restored INNOCENCE .

3. Access to God’s POWER .

John 15:5 NIV “I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.”

4. FREEDOM .

Galatians 5:1 NIV “It is for freedom that Christ has set us free.”

FOUR RESPONSES TO STAY IN THE TREE OF LIFE

1. Fall in love with JESUS .

2. Serve God through RELATIONSHIP not RULES .

3. Respond to all sin with LIFE .

4. Guard your HEART .

DAY ONE

TWO TREES, ONE CHOICE

THEME: GOD OFFERS RELATIONSHIP, NOT A PERFORMANCE REVIEW.

In the very beginning God gave humanity a choice between two trees. The choice was never really about fruit. It was about whether we would trust God and walk with Him, or try to become like God on our own terms. Without the freedom to choose, there could be no real relationship.

READ

Genesis 2:7-9 *“God forms the man, plants the garden, and places the tree of life and the tree of the knowledge of good and evil in the middle of it.”*

Genesis 2:15-17 *“You are free to eat from any tree... but you must not eat from the tree of the knowledge of good and evil.”*

John 10:10 *“I came that they may have life, and have it abundantly.”*

REFLECT

- What is honestly my approach to God right now? Am I trying to get Him to stop being angry, trying to earn His approval, or genuinely wanting to grow closer to Him?
- Why do you think God included the freedom to choose, knowing we might choose wrongly? What does that tell you about the relationship He wants?
- Where in my life do I sense the “thief” trying to steal, kill, or destroy the abundant life God offers?

APPLY

Write one sentence at the top of today’s journal page declaring your approach to God for these next weeks. For example: *“I am not here to earn anything. I am here to grow closer to a God who already loves me.”* Read it out loud before you pray each morning this week.

PRAY

“Father, thank You that I don’t have to perform for Your love. Today I choose relationship over religion. Help me hear what Your Spirit is saying and give me a willing heart to receive it. Amen.”

DAY TWO

THE FRUIT OF THE KNOWLEDGE OF GOOD & EVIL

THEME: STRIVING LEADS TO SHAME, HIDING, AND BLAME.

The serpent's temptation was for them to think that they could "be like God" by knowing more, rather than trusting God. The fruit of this tree is knowledge pursued in pride; it is deadly, it is consumed, and it causes separation. Its harvest is shame ("who I am is the problem") and victimization ("it's someone else's fault").

READ

Genesis 3:1-7 *The serpent's deception, and the moment Adam and Eve eat and realize they are naked.*

Genesis 3:8-13 *They hide from God, and then blame — the woman blames the serpent, the man blames the woman (and God).*

1 Corinthians 8:1 *"Knowledge puffs up while love builds up."*

1 John 1:9 *If we confess our sins, He is faithful and just to forgive and cleanse us.*

PRAY

"Lord, I don't want to hide from You or blame others anymore. I bring my guilt into the light, trusting You to forgive me rather than condemn me. Thank You that You came looking for me because You love me. Amen."

REFLECT

- Guilt says "I did something bad." Shame says "I am bad." Where have I been carrying shame instead of bringing my guilt to God for a fresh start?
- Adam and Eve hid because they misjudged how God would respond. Where am I hiding from God right now, and what do I actually believe He'll do if I come out of hiding?
- Where do I deflect blame with phrases like "that's just the way I am" or "it's their fault"?

APPLY

Two-part action. First, take an honest inventory of what you are consuming: shows, feeds, podcasts, conversations, and name one thing to cut back on because it pulls you toward the wrong tree. Second, instead of hiding, bring one specific thing to God in confession today, then receive 1 John 1:9 out loud: forgiven and cleansed.

DAY THREE

THE FRUIT OF THE TREE OF LIFE

THEME: CONFIDENCE, RESTORED INNOCENCE, POWER, & FREEDOM.

Both trees bear fruit. The Tree of Life produces confidence in God's unchanging love, a restored childlike innocence, access to God's power as we abide in Him, and true freedom. While one man's disobedience brought separation, Jesus' obedience opened the way back into relationship.

READ

Romans 5:8 *God demonstrates His love: while we were still sinners, Christ died for us.*

Romans 5:18-19 *Through one man's disobedience came condemnation; through Christ's obedience, righteousness for many.*

1 John 4:9-10 *Real love is not that we loved God, but that He loved us and sent His Son.*

John 15:5 *"I am the vine; you are the branches... apart from me you can do nothing."*

Romans 8:38-39 *Nothing can separate us from the love of God in Christ Jesus.*

REFLECT

- The cross is a blood covenant, a promise that God will never change His mind about you. How would my day look if I were fully confident of that?
- Jesus said we must become like little children. What does "childlike innocence", unburdened by shame and quick to forgive, look like for me practically?
- "Apart from Me you can do nothing." Where am I trying to bear fruit on my own instead of abiding in Jesus?

APPLY

Pick one offense you are still carrying, something someone said or did, and choose to forgive it today, releasing the right to hold it. Innocence makes us "unoffendable." Then spend five quiet minutes simply abiding: no requests, no agenda, just remaining with Jesus the way a branch rests in the vine.

PRAY

"Lord, I don't want to hide from You or blame others anymore. I bring my guilt into the light, trusting You to forgive me rather than condemn me. Thank You that You came looking for me because You love me. Amen."

DAY FOUR

CONVICTION, NOT CONDEMNATION

THEME: HOW YOU RESPOND TO SIN REVEALS WHICH TREE YOU'RE STANDING IN.

We are going to mess up. In the Tree of the Knowledge of Good and Evil, sin produces condemnation: “You are bad, hopeless, stupid.” In the Tree of Life, the same sin produces conviction: “You messed up — learn from it, and here’s the way forward, because there is no condemnation for those in Christ.” Jesus modeled this perfectly with the woman caught in adultery: grace and truth together — “I don’t condemn you, but go and stop sinning.”

READ

Romans 8:1-2 *There is now no condemnation for those who are in Christ Jesus.*

John 8:3-11 *Jesus and the woman caught in adultery — “Neither do I condemn you. Go and sin no more.”*

1 John 1:9 *He is faithful and just to forgive and cleanse — every time we confess.*

REFLECT

- When I fail, what is the voice I hear? Condemnation (“I am worthless”) or conviction (“I can learn and go forward, still loved”)?
- Jesus said we are judged the way we judge others. Who am I tempted to “throw rocks” at, and how would the Tree of Life have me respond instead?
- How do I usually talk to myself after I fall? Is that the way God talks to me in Romans 8:1?

APPLY

Today, catch yourself the next time you fail or fall short, even something small. Instead of the old condemnation script, speak conviction over yourself: “There is no condemnation for me in Christ. What can I learn, and how do I go forward?” Do the same for one other person you’ve been judging: choose grace and truth over rocks.

PRAY

“Father, thank You that there is no condemnation for me in Christ. When I fall, draw me with conviction, not crush me with shame. Give me Your heart toward others — grace and truth, never stones. Amen.”

DAY FIVE

LEARNING TO LIVE IN THE TREE OF LIFE

THEME: FOUR DAILY RESPONSES THAT KEEP US IN THE TREE OF LIFE.

Living in the Tree of Life isn't a one-time decision; it's a daily practice. The lesson gave us four responses: fall in love with Jesus, serve God through relationship rather than rules, respond to all sin with life, and guard your heart from swinging back. And it all flows from a renewed mind — putting God's Word ahead of our feelings until it becomes a way of life.

READ

John 14:15 *"If you love me, you will keep my commands."*

Matthew 5:17 *Jesus came not to abolish the Law but to fulfill it — obedience flowing from love, not duty.*

Romans 12:2 *Be transformed by the renewing of your mind.*

2 Corinthians 5:17 *If anyone is in Christ, he is a new creation; the old has passed away.*

Galatians 5:1 *It is for freedom that Christ has set us free.*

PRAY

"Lord, I want to fall more in love with You, not just follow rules. Renew my mind today. When I drift toward the wrong tree, draw me back quickly. I choose freedom, relationship, and life. Thank You that I am a new creation in Christ. Amen."

REFLECT

- Fall in love with Jesus: Do I know Him, or just know about Him? What is one way I could pursue knowing Him this week?
- Relationships, not rules: Where am I obeying out of duty ("I have to") when God is inviting me to obey out of delight ("I'm sure it's best, so I will")?
- Respond to all sin with life: Where do I still need to trade condemnation for conviction — toward myself or others?
- Guard your heart: What circumstances most easily swing me back to the wrong tree, and how can I swing right back?

APPLY

Choose one renewing-the-mind practice to carry beyond these five days: pick a single verse from this week (Galatians 5:1, Romans 8:1, or 2 Corinthians 5:17 are good anchors), write it on a card, and say it whenever you notice your thoughts drifting back toward shame or striving. Take the thought captive and replace it with what God says is true about you.

WEEKLY TRACKER

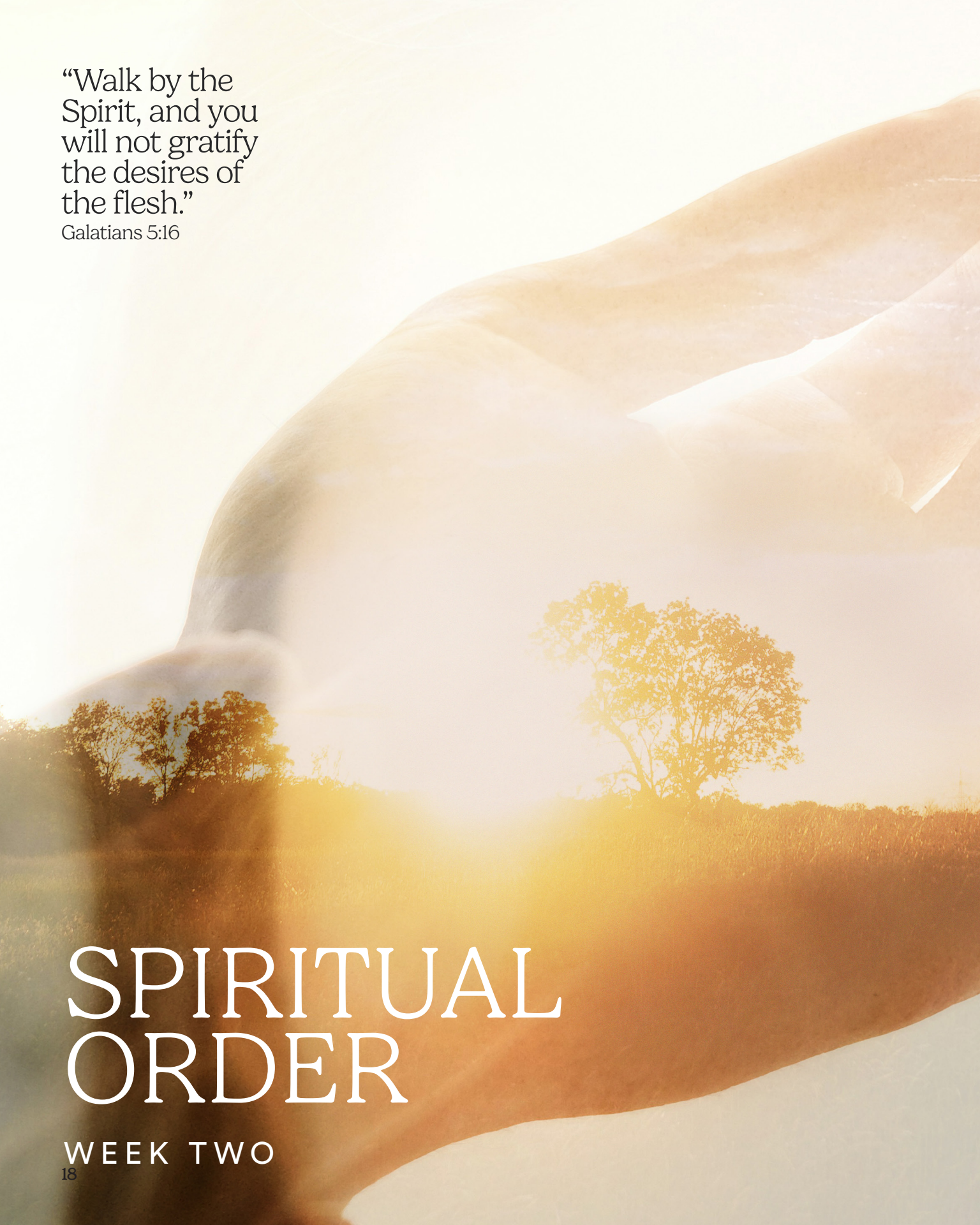
Check off each day as you complete it. Consistency matters more than perfection. If you miss a day, just swing right back.

- ☐ Day 1 — Two Trees, One Choice
- ☐ Day 2 — The Fruit Of The Knowledge Of Good And Evil
- ☐ Day 3 — The Fruit Of The Tree Of Life
- ☐ Day 4 — Conviction, Not Condemnation
- ☐ Day 5 — Learning To Live In The Tree Of Life

JOURNAL WEEK ONE — THE TWO TREES

Which tree have you been living from lately, and where do you most want to choose the Tree of Life?

Know more, obey more, strive more — OR — love more, trust more, follow more.
The choice is yours. Choose the Tree of Life.



“Walk by the
Spirit, and you
will not gratify
the desires of
the flesh.”

Galatians 5:16

SPIRITUAL ORDER

WEEK TWO

WEEK 2 - SPIRITUAL ORDER

WELCOME • ~15 min

Welcome everyone back and take a moment to settle in, greeting anyone who is new before you begin.

REVIEW AND HIGHLIGHTS • ~10 min

Briefly recap Week 1 (The Two Trees), the difference between striving to earn God's approval and simply receiving what Jesus has already done. Then go around and invite each person to share one highlight from their 5-day plan or journal, something they read and applied during the week.

INTRODUCTION TO THE VIDEO • ~5 min + video

Tonight's teaching, Spiritual Order, explains that you are a spirit, you have a soul, and you live in a body. It walks through regeneration, justification, and sanctification, and shows why real freedom comes when our spirit, united with the Holy Spirit, leads the soul and body, rather than the other way around.

Video length: _____ minutes

Then watch the Week 2 video together. Remind everyone to fill in their video-notes blanks as they watch.

DISCUSSION QUESTIONS • ~25–30 min

- **Launching:** When you make a decision, are you usually led more by your head, your heart, or your gut? No wrong answers?
- **Understanding:** The teaching described three parts, spirit, soul, and body. How would you explain the role each one is meant to play?
- **Sharing:** Where have you noticed your body or emotions 'leading' in a way your spirit later disagreed with? Share if you're comfortable...
- **Application:** What's one practical way you can 'feed your spirit' this week so that it can lead?

CLOSING & PRAYER • ~10 min

Remind the group that sanctification is a process, progression, not perfection, and God is patient with us in it.

Prayer: Ask the Holy Spirit to take the lead in each person's life this week, bringing the soul and body into order under Him.

THIS WEEK • ~5 min

Point everyone to the Week 2 video notes, the 5-day plan, and the journal page. Encourage them to choose one daily practice that feeds their spirit.

VIDEO NOTES

Fill in the blanks as you watch Session 2.

GOD CREATED US IN THREE DISTINCT PARTS

A **SPIRIT** that must be redeemed.

A **SOUL** that must be restored.

A **BODY** that must surrender.

1 Thessalonians 5:23 NKJV “Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ.”

THREE WORKS OF SALVATION

REGENERATION is new birth. You are now saved. (I am a new creation.)

2 Corinthians 5:17 ESV “If anyone is in Christ, he is a new creation.”

JUSTIFICATION is declaring that the sinner is righteous. (I am made righteous in Jesus.)

Romans 3:24 NKJV “Being justified freely by His grace through the redemption that is in Christ Jesus.”

SANCTIFICATION is the process of renewal and transformation for the sinner from the inside out. (I am being transformed through the Holy Spirit.)

Ephesians 4:22-24 NKJV “Put off the old man... be renewed in the spirit of your mind, and put on the new man which was created according to God, in true righteousness and holiness.”

Justification happens **OUTSIDE** of you, you are declared righteous.

Sanctification happens **INSIDE** of you, you are being made righteous.

THE SPIRIT

We want our spirit to be the **LEADER** of the three parts of us.

When we get saved, the Holy Spirit **DWELLS** inside of us to make us one with Jesus.

1 Corinthians 6:17 NCV “But the one who joins with the Lord is one spirit with the Lord.”

THE SOUL: THREE PARTS

The **MIND**, which thinks and reasons.

The **WILL**, which makes choices.

The **EMOTIONS**, which believe, feel, and remember.

VIDEO NOTES CONT.

THE BODY

The body is the **HOUSING** that contains our soul and spirit.

It is the **TEMPLE** of the Holy Spirit.

1 Corinthians 6:19 NLT *“Don’t you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God?”*

Sanctification is the process of telling your **BODY** to submit to your **SPIRIT**, which is led by the Holy Spirit.

Galatians 5:16 ESV *“Walk by the Spirit, and you will not gratify the desires of the flesh.”*

ORDERED LIVING

The key to victory over sin isn’t about trying, it’s about **DYING**.

The part of you that will **GROW** is the part of you that you **FEED**.

DAY ONE

A NEW CREATION

THEME: IN CHRIST YOU ARE MADE NEW AND DECLARED RIGHTEOUS.

The moment you made Jesus Lord, repenting, confessing His death and resurrection, and believing He is God, you were born again. This is regeneration: you are a new creation.

And justification means God has declared you righteous, freely, by His grace. Yet you may notice you still wrestle with old thoughts and desires. Paul felt the same battle. That struggle isn't proof you're not saved; it's the signal that the next work, *sanctification*, has begun.

READ

2 Corinthians 5:17 *"If anyone is in Christ, he is a new creation; the old has passed away."*

Romans 3:24 *"Being justified freely by His grace through the redemption that is in Christ Jesus."*

Romans 7:21-23 Paul: *"evil is present with me... I see another law in my members, warring against the law of my mind."*

PRAY

"Father, thank You that I am a new creation and declared righteous. Not by what I've done, but by what Jesus has done. When I battle old desires, remind me that You are at work in me. Amen."

REFLECT

- What does it mean to me that I am a brand-new creation? Not an improved version of the old me, but new?
- Justification is God's verdict over me: righteous. How would today feel different if I fully believed that verdict?
- Where do I still feel the "war" Paul described? Have I been treating that battle as proof of failure rather than evidence God is at work?

APPLY

Write this sentence where you'll see it today: "I am a new creation, declared righteous in Christ." When an old thought or accusation rises up, answer it out loud with that truth instead of agreeing with it.

DAY TWO

SANCTIFICATION: TRANSFORMED FROM THE INSIDE OUT

THEME: JUSTIFICATION IS DONE; SANCTIFICATION IS BEING DONE.

Justification happens outside of you: a finished verdict. Sanctification happens inside of you: an ongoing process of being made righteous. It's why you can be saved and still feel temptation: you're being transformed. Scripture calls this putting off the old self and putting on the new. How long does it take? That depends largely on you. The more you commune with God, the more this process is manifested.

READ

Ephesians 4:21-24 *"Put off the old man... be renewed in the spirit of your mind... put on the new man, created in true righteousness and holiness."*

2 Corinthians 3:18 *"We are being transformed into the same image from glory to glory by the Spirit of the Lord."*

1 Thessalonians 5:23 *"May the God of peace sanctify you completely — spirit, soul, and body."*

PRAY

"Holy Spirit, transform me from the inside out. I give You permission to renew my mind and reshape my desires. Help me put off the old and put on the new today. Amen."

REFLECT

- Where am I confusing the war within (temptation) with condemnation? How does knowing I'm "being sanctified" change how I respond?
- What is one "old self" habit or pattern God may be asking me to put off right now, and what "new self" would replace it?
- Sanctification's pace "depends on me." What am I actually feeding my spirit right now?

APPLY

Name one "put off" and one "put on" for this week. For example, put off scrolling first thing in the morning, put on five minutes in the Word. Write them down and take the first step today.

DAY THREE

THE SPIRIT: UNITED WITH GOD

THEME: LET YOUR SPIRIT, JOINED TO THE HOLY SPIRIT, LEAD THE WAY.

You are a spiritual being. Your identity isn't in your body or your roles. It's in Christ. When you were saved, the Holy Spirit came to dwell inside you and became one with your spirit. That union is meant to lead the other two parts of you. From it you gain the ability to discern right from wrong, understand spiritual truth, and walk in step with God.

READ

1 Corinthians 6:17 *"The one who joins with the Lord is one spirit with the Lord."*

Galatians 5:16 *"Walk by the Spirit, and you will not gratify the desires of the flesh."*

John 4:24 *"God is spirit, and those who worship Him must worship in spirit and truth."*

REFLECT

- If everything I use to define myself (job, role, ability, even health) were stripped away, would I still know who I am in Christ?
- What does it look like, practically, for my spirit and not my emotions or appetites, to lead a decision this week?
- Where do I sense the Holy Spirit already giving me discernment that I've been ignoring?

APPLY

Pick one decision you're facing and "walk by the Spirit" with it: pause, pray, and ask the Holy Spirit for direction before you act on feeling or impulse. Write down what you sense Him saying.

PRAY

"Lord, I am one spirit with You. Lead me from the inside. Teach me to walk by the Spirit instead of being driven by my flesh. Sharpen my discernment today. Amen."

DAY FOUR

THE SOUL: MIND, WILL, AND EMOTIONS

THEME: A SANCTIFIED SOUL MAKES WISE CHOICES, NOT EMOTIONAL ONES.

Your soul is your experiential center: your mind that thinks, your will that chooses, and your emotions that feel and remember. God gave you a soul so you could freely choose to love Him. But emotions can mislead: the heart is deceitful. As your soul is sanctified, you gain wisdom. You see more clearly, learn from past mistakes, and can make a decision with your head even when your heart hasn't caught up yet.

READ

Romans 12:2 *"Be transformed by the renewing of your mind."*

Jeremiah 17:9 *"The heart is deceitful above all things... who can know it?"*

Philippians 4:8 *"Whatever is true, noble, right, pure, lovely... think about such things".*

REFLECT

- Mind, will, emotions — which of the three tends to run my decisions most? What would it look like to let truth, not feeling, take the lead?
- Where have my emotions told me something about myself or God that simply isn't true?
- What is one recurring thought I need to filter through Philippians 4:8?

APPLY

The next time a strong emotion pushes you toward a reaction today, pause and ask: "Is this true? Is this how God sees it?" Choose one decision and make it with your renewed mind rather than your feelings.

PRAY

"Father, renew my mind, align my will with Yours, and steady my emotions in Your truth. I don't want to be led by feelings that deceive me. Give me wisdom today. Amen."

DAY FIVE

THE BODY: A TEMPLE SURRENDERED

THEME: ORDER RESTORED — BODY SUBMITTED TO SPIRIT, LED BY THE HOLY SPIRIT.

Your spirit was made new and your soul is being renewed, but your body wasn't changed at salvation. It still has appetites that always want to please themselves. The body is the housing for your soul and spirit and the temple of the Holy Spirit, so sanctification means telling your body to submit to your spirit. This is ordered living: spirit united with God, soul submitted to spirit, body held captive to the obedience of Christ. The key isn't "trying". It's "dying." And the part of you that grows is the part you feed.

READ

1 Corinthians 6:19-20 *"Your body is a temple of the Holy Spirit... therefore glorify God in your body."*

Romans 12:1 *"Offer your bodies as a living sacrifice, holy and pleasing to God."*

Philippians 3:20-21 *"He will transform our lowly body to be conformed to His glorious body."*

Galatians 5:16 *"Walk by the Spirit, and you will not gratify the desires of the flesh."*

PRAY

"Lord, my body is Your temple. I offer it as a living sacrifice. Teach me to die to my own appetites and live by Your Spirit. I will feed my spirit so I can grow. Amen."

REFLECT

- Where is my body currently "leading"? Is there an appetite or habit running ahead of my spirit?
- What does it mean for me that victory is about "dying" (surrender) rather than "trying" (effort)?
- The part I feed is the part that grows. Honestly, what have I been feeding most: spirit or flesh?

APPLY

Choose one concrete way to feed your spirit daily going forward (a set prayer time, a reading plan, worship on the commute, weekly church and service). Commit to it for the coming week and offer your body to God each morning as a living sacrifice.

WEEKLY TRACKER

Check off each day as you complete it. Consistency matters more than perfection. It's about progression, not perfection.

- ☐ Day 1 — A New Creation
- ☐ Day 2 — Sanctification: Transformed From The Inside Out
- ☐ Day 3 — The Spirit: United With God
- ☐ Day 4 — The Soul: Mind, Will, And Emotions
- ☐ Day 5 — The Body: A Temple Surrendered

JOURNAL WEEK TWO — SPIRITUAL ORDER

Where is your spirit, soul, or body out of order right now, and what would it look like to let your spirit lead?

It's not about trying. It's about dying.
Feed your spirit and watch it grow.



“Above all else,
guard your heart,
for everything you
do flows from it.”

Proverbs 4:23

OVERFLOW OF THE HEART

WEEK THREE

WEEK 3 - OVERFLOW OF THE HEART

WELCOME • ~15 min

Welcome everyone back and take a moment to settle in, greeting anyone who is new before you begin.

REVIEW AND HIGHLIGHTS • ~10 min

Briefly recap Week 2 (Spiritual Order), that we are a spirit, have a soul, and live in a body, and that we want the spirit to lead. Then go around and invite each person to share one highlight from their 5-day plan or journal, something they read and applied during the week.

INTRODUCTION TO THE VIDEO • ~5 min + video

Tonight's teaching, Overflow of the Heart, shows that the condition of our heart spills out into our lives. It names four common 'heart blockages', selfishness, bitterness, rejection, and evil thoughts, and points us to three honest invitations: 'Holy Spirit, show me, change me, fill me.'

Video length: ____minutes

Then watch the Week 3 video together. Remind everyone to fill in their video-notes blanks as they watch.

DISCUSSION QUESTIONS • ~25–30 min

- **Launching:** When you're 'squeezed' by stress, what tends to come out of you, are you more likely to get quiet, snappy, anxious, or something else?
- **Understanding:** The video listed four heart blockages. Which one did the teaching help you understand in a new way, and how?
- **Sharing:** Without naming names, is there an area where you sense the Holy Spirit putting His finger on your heart? What's that like...
- **Application:** Which of the three invitations, show me, change me, fill me, do you most need to pray this week, and how will you act on it?

CLOSING & PRAYER • ~10 min

Remind the group that it's dangerous to remove things without replacing them, invite God to fill what He clears. Note that forgiveness (a big one) gets its own week soon.

Prayer: Pray Psalm 139:23-24 over the group, 'Search me, God, and know my heart', asking the Spirit to show, change, and fill.

THIS WEEK • ~5 min

Point to the Week 3 video notes, 5-day plan, and journal. Encourage honest reflection, you can't change what you can't see.

VIDEO NOTES

Fill in the blanks as you watch Session 3.

SYMPTOMS OF THE HEART

Manifestations of heart issues can be:

PHYSICAL: chest tightness, irregular rhythm, fatigue, swelling.

EMOTIONAL: fear, defensiveness, anxiety, grief that won't lift.

SPIRITUAL: hardness, bitterness, distraction, superficiality.

These aren't personality quirks. They are overflow.

Man looks on the outward appearance, but the Lord looks at the **HEART**.

1 Samuel 16:7 ESV “The Lord sees not as man sees: man looks on the outward appearance, but the Lord looks on the heart.”

FOUR HEART BLOCKAGES

1. **SELFISHNESS** : self in control; selfish ambition brings disorder.

James 3:14-16 ESV “But if you have bitter jealousy and selfish ambition in your hearts, do not boast and be false to the truth. 15 This is not the wisdom that comes down from above, but is earthly, unspiritual, demonic. 16 For where jealousy and selfish ambition exist, there will be disorder and every vile practice.”

2. **BITTERNESS** : the wall you build to protect your heart imprisons it.

Proverbs 18:19 ESV “A brother offended is more unyielding than a strong city, and quarreling is like the bars of a castle.”

3. **REJECTION** : living off words spoken over you instead of God's words.

Proverbs 18:21 NIV “The tongue has the power of life and death, and those who love it will eat its fruit.”

REPLACE WORDS OF DEATH WITH WORDS OF LIFE

Choose **PEACE**.

Romans 12:18 ESV “So far as it depends on you, live peaceably with all.”

PRAY for others.

Matthew 5:44 ESV “Love your enemies and pray for those who persecute you.”

VIDEO NOTES CONT.

Imitate the way of **JESUS**.

2 Timothy 2:24 ESV “The Lord’s servant must not be quarrelsome but kind to everyone... patiently enduring evil.”

Check your **MOTIVES**.

Colossians 3:17 ESV “Whatever you do, in word or deed, do everything in the name of the Lord Jesus.”

4. EVIL THOUGHTS : everything we’ve allowed to accumulate in our inner world.

Mark 7:21-22 ESV “For from within, out of men’s hearts, come evil thoughts... envy, slander, arrogance and folly.”

YOUR RESPONSE—THREE INVITATIONS

Ezekiel 36:26 NIV “I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh.”

1. “Holy Spirit, SHOW me.”

Psalm 139:23-24 NIV “Search me, God, and know my heart; test me and know my anxious thoughts.²⁴ See if there is any offensive way in me, and lead me in the way everlasting.”

2. “Holy Spirit, CHANGE me.”

Psalm 51:10 NIV “Create in me a clean heart, O God, and renew a steadfast spirit within me.”

3. “Holy Spirit, FILL me.”

Ephesians 5:18 NLT “Don’t be drunk with wine, because that will ruin your life. Instead, be filled with the Holy Spirit.”

DAY ONE

GUARD YOUR HEART

THEME: YOUR LIFE IS THE OVERFLOW OF YOUR HEART.

Everything you do flows from your heart, so Scripture says to guard it above all else. We tend to manage symptoms: the depression, the anger, the strained relationships. But God looks deeper, at the heart itself. The hurts and circumstances that happened to you got into your heart and became entrenched, and now the issues of your life flow out of that condition. The first step toward freedom is simply seeing it.

READ

Proverbs 4:23 *Above all else, guard your heart, for everything you do flows from it.*

Proverbs 27:19 *As water reflects the face, so one's life reflects the heart.*

1 Samuel 16:7 *Man looks on the outward appearance, but the Lord looks on the heart.*

Luke 6:45 *Out of the abundance of the heart the mouth speaks.*

PRAY

"Father, You look at the heart, not just the surface. Search me and show me what I cannot see. I want the overflow of my life to reflect You. Amen."

REFLECT

- Looking at the overflow of my life lately, my words and reactions, what spills out under pressure? What might it be telling me about my heart?
- Where have I been trying to fix a symptom instead of the heart issue underneath it?
- Am I ever "sitting down on the outside but standing up on the inside"? Complying outwardly while resisting inwardly?

APPLY

Pray Psalm 139:23-24 slowly today: "Search me, God, and know my heart... see if there is any offensive way in me." Write down the first thing the Holy Spirit brings to mind, and don't rush past it.

DAY TWO

BLOCKAGE 1: SELFISHNESS

THEME: COMPLETE SURRENDER. GIVING GOD ALL CONTROL.

Selfishness is simply self in control, what James calls selfish ambition. It says, “I call the shots, even for God.” You may have let God into some areas of your life while keeping certain rooms with the door firmly shut. But James warns that where there is envy and selfish ambition, there is disorder and every evil practice, disorder that often shows up in marriage, finances, or work before we trace it back to the heart. Freedom begins with complete surrender.

READ

James 3:14-16 *Where you have envy and selfish ambition, there you find disorder and every evil practice.*

Luke 9:23 *If anyone would come after me, let him deny himself and take up his cross daily.*

Ezekiel 36:26 *I will remove your heart of stone and give you a heart of flesh.*

REFLECT

- Which “rooms” in my life still have the door shut to God? What am I afraid would happen if I opened them?
- Finish these honestly: “God, I’ll go anywhere but _____. I’ll do anything but _____. I’ll love everyone except _____.”
- Where is ‘self in control’ showing up as disorder in my relationships, finances, or work?

APPLY

Name the one area you’ve kept off-limits and verbally hand it over to God today: “This is Yours too.” Take one small, concrete step of obedience in that area before the day is done.

PRAY

“Lord, I don’t want self on the throne. I open every room to You, even the ones I’ve kept shut. I surrender all control to You. Bring order where my selfishness brought disorder. Amen.”

DAY THREE

BLOCKAGE 2: BITTERNESS

THEME: THE WALL YOU BUILD TO PROTECT YOUR HEART IMPRISONS IT.

In a fallen world you will get hurt, and with every hurt comes an “opportunity” to let bitterness in. When you build a wall around your heart to protect it, you think you’re in control, but Scripture says that wall doesn’t protect you, it imprisons you. A wounded heart is deceitful and won’t look out for your well-being, so you have to be vigilant. Some of us think we’ve moved on, but bitterness is a matter of the heart, and it tends to hide.

READ

Proverbs 18:19 *A brother offended is more unyielding than a strong city; quarreling is like the bars of a castle.*

Jeremiah 17:9 *The heart is deceitful above all things, and desperately sick; who can understand it?*

Hebrews 12:15 *See to it that no root of bitterness springs up and causes trouble, defiling many.*

Ephesians 4:31-32 *Get rid of all bitterness... be kind, forgiving each other, as God in Christ forgave you.*

PRAY

“Father, I don’t want a wall around my heart. I want freedom. I’m willing to let go of the bitterness I’ve been protecting. Pull up every root and make my heart soft again. Amen.”

REFLECT

- Is there a wall I’ve built around my heart toward a particular person? Has it actually protected me, or imprisoned me?
- Where might I be telling myself “I’ve moved on” when the resentment is really just buried?
- What ‘root’ have I been letting grow, and what would it look like to let God pull it up?

APPLY

Name one offense you’ve been guarding. Without minimizing what happened, take a first step today: tell God you’re willing to release it, and ask Him to begin tearing down the wall. (Forgiveness gets dedicated time later in the series—don’t skip it.)

DAY FOUR

BLOCKAGE 3: REJECTION

THEME: REPLACE WORDS OF DEATH WITH WORDS OF LIFE.

Rejection drives us to chase acceptance, the wrong rooms, the wrong relationships, just to feel wanted. The tongue carries the power of life and death, and some of us have been eating the fruit of words spoken over us for years: labels that were never from God, but we received them anyway and let them define us. The good news is that words of life can replace those words of death — but it is your choice to do something about it. Scripture gives four ways to respond.

READ

Proverbs 18:21 *“The tongue has the power of life and death.”*

Romans 12:18 *“So far as it depends on you, live peaceably with all.”* (Choose peace)

Matthew 5:44 *“Love your enemies and pray for those who persecute you.”* (Pray for others)

2 Timothy 2:24 / Col. 3:17 *“Be kind, patiently enduring”* (imitate Jesus); *“do everything in His name”* (check your motives).

PRAY

“Lord, wash my mind with Your Word. I reject the labels that were never from You and receive what You say about me. Help me choose peace, pray for others, and live by Your name. Amen.”

REFLECT

- What words have been spoken over me that I've received as identity — and were they ever really from God?
- Of the four responses — choose peace, pray for others, imitate Jesus, check motives — which is hardest for me right now?
- Whose acceptance have I been chasing instead of resting in God's?

APPLY

Find one “word of life” from God's Word about your identity (for example, that you are chosen, loved, or a new creation), write it down, and speak it over yourself out loud today in place of the old label. Then pick one person to actively pray for instead of replaying the offense.

DAY FIVE

BLOCKAGE 4: EVIL THOUGHTS

THEME: CLEAR THE HARD DRIVE AND FILL THE SPACE.

Jesus said that out of the heart come evil thoughts — an all-inclusive phrase for everything we’ve allowed to accumulate inside us: every image, experience, and toxic pattern that shaped how we see the world. Think of it like a hard drive still full of old content. This week’s work isn’t just removing things — it’s replacing them with something better, because it is dangerous to clear space and leave it empty. So we carry three invitations into the days ahead: show me, change me, fill me.

READ

Mark 7:21-22 *“Out of the heart come evil thoughts... envy, slander, arrogance and folly.”*

Psalms 139:23-24 *“Search me, God... see if there is any offensive way in me.”* (Show me)

Psalms 51:10 *“Create in me a pure heart, O God, and renew a steadfast spirit within me.”* (Change me)

Ephesians 5:18 *“Be filled with the Holy Spirit.”* (Fill me)

PRAY

“Holy Spirit, show me what I can’t see, change me from the inside out, and fill me with Yourself. Take out the heart of stone and give me a heart of flesh. I give You my permission. Amen.”

REFLECT

- What ‘old content’ is still on my hard drive? What inputs are shaping how I think and see?
- Of the three invitations: Show Me, Change Me, Fill Me, which is hardest for me to pray sincerely, and why?
- If God cleared out a blockage this week, what good thing do I want Him to fill that space with?

APPLY

Identify one input you’ll remove this week and one God-honoring thing you’ll replace it with (worship instead of doom-scrolling, the Word instead of a feed). Then pray all three invitations out loud: Show me, Change me, Fill me, and ask the Holy Spirit to fill what He clears.

WEEKLY TRACKER

Check off each day as you complete it. You can’t change what you can’t see. Give the Holy Spirit permission, and He will.

- ☐ Day 1 — Guard Your Heart
- ☐ Day 2 — Blockage 1: Selfishness
- ☐ Day 3 — Blockage 2: Bitterness
- ☐ Day 4 — Blockage 3: Rejection
- ☐ Day 5 — Blockage 4: Evil Thoughts.

JOURNAL WEEK THREE — OVERFLOW OF THE HEART

What did the Holy Spirit show you about your heart this week? What do you want Him to clear out, and fill?

“Heal my heart and make it clean... break my heart for what breaks Yours.”
He replaces a heart of stone with a heart of flesh.

“Be still, and know
that I am God.”

Psalm 46:10

A hand is shown from the wrist up, reaching towards the top of the frame. The hand is positioned in the lower center, with fingers slightly spread. The background is a clear blue sky with a bright sun flare on the right side, creating a vertical line of light. The overall mood is peaceful and hopeful.

SURRENDER

WEEK FOUR

WEEK 4 - SURRENDER

WELCOME • ~15 min

Welcome everyone back and take a moment to settle in, greeting anyone who is new before you begin.

REVIEW AND HIGHLIGHTS • ~10 min

Briefly recap Week 3 (Overflow of the Heart), how the heart's condition overflows into our lives, and the invitation to let God show, change, and fill us. Then go around and invite each person to share one highlight from their 5-day plan or journal, something they read and applied during the week.

INTRODUCTION TO THE VIDEO • ~5 min + video

Tonight's teaching, Surrender, draws the line between just 'giving up' and giving it up to God. Surrender is the act of giving up control, not weakness, but trust, and it's the beginning of true freedom. The teaching gives four steps: let go, learn contentment, lay down your plans, and leave the future to God.

Video length: _____ minutes

Then watch the Week 4 video together. Remind everyone to fill in their video-notes blanks as they watch.

DISCUSSION QUESTIONS • ~25–30 min

- **Launching:** What's something you're happy to let others control, and something you really like to control yourself?
- **Understanding:** The teaching said surrender is different from sacrifice and obedience. How would you explain that difference?
- **Sharing:** What's an area where surrender has been hard for you, where you've wanted to keep control...
- **Application:** Of the four steps, let go, learn contentment, lay down plans, leave the future, which one is God asking you to take this week, and how?

CLOSING & PRAYER • ~10 min

Remind the group that we don't lose our lives in surrender; we place them in God's hands, and we're already engraved on His palms.

Prayer: Lead a prayer of surrender, inviting each person to 'raise the white flag' in one specific area and trust God with it.

THIS WEEK • ~5 min

Point to the Week 4 video notes, 5-day plan, and journal. Encourage them to name one area to place in God's hands daily.

VIDEO NOTES

Fill in the blanks as you watch Session 4.

WHAT IS SURRENDER?

Isaiah 64:8 NKJV *“But now, O Lord, You are our Father; we are the clay, and You our potter; and all we are the work of Your hand.”*

Surrender is the heart attitude that ultimately says, “not my will, Lord, but Yours be done.”

Surrender is the act of **GIVING UP CONTROL** .

Surrender is not weakness, it is **TRUST** .
It is believing God knows best.

Surrendering to God is the **BEGINNING** of true freedom.

SURRENDER IS A HEART ATTITUDE

Matthew 15:8 ESV *“This people honor me with their lips, but their heart is far from Me.”*

Surrender is not the result of **RELIGIOUS ACTIVITY**.

Surrender is different than **SACRIFICE**, you can make sacrifices and still be in control.

Surrender is different than **OBEDIENCE**, you can obey God’s laws and not be surrendered.

FOUR STEPS TO SURRENDER

1. **LET GO** of control.

Psalm 46:10 NKJV *“Be still, and know that I am God.” (“Be still” = the Hebrew rapha, “let go.”)*

2. **LEARN** to be content.

Philippians 4:11-12 ESV *“Not that I am speaking of being in need, for I have learned, in whatever situation I am, to be content. 12 I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret...”*

3. **LAY DOWN** your plans.

Jeremiah 29:11 NIV *“I know the plans I have for you, declares the Lord.”*

4. **LEAVE** the future to God.

Proverbs 3:5 NIV *“Trust in the Lord with all your heart.”*

Surrender is holding up the white flag and saying, “God, the war is off. I’m not going to fight You anymore.” You are not losing your life. You are putting it in His hands.

Luke 14:33 ESV *“Any one of you who does not renounce all that he has cannot be my disciple.”*

DAY ONE

WHAT SURRENDER REALLY IS

THEME: SURRENDER IS TRUST, NOT WEAKNESS, AND THE BEGINNING OF FREEDOM..

There's a world of difference between just giving up and giving up to God. Surrender is the heart attitude that says, "Not my will, Lord, but Yours be done." At its core it is the act of giving up control, and that's not weakness. It's trust: believing that God knows best and is a good Potter shaping the clay. Many of us fear losing control, but losing control and giving up control are not the same thing. Surrendering to God is where true freedom begins.

READ

Isaiah 64:8 *"You are our Father; we are the clay, and You our potter."*

Luke 22:42 *"Not my will, but yours, be done."*

Proverbs 3:5-6 *"Trust in the Lord with all your heart, and lean not on your own understanding."*

PRAY

"Father, You are the Potter and I am the clay. I've been afraid of losing control, but I choose to trust You with it. Not my will, but Yours be done. Lead me into the freedom that surrender brings. Amen."

REFLECT

- Where in my life have I been confusing 'just giving up' with giving it up to God?
- Do I actually believe God knows best — enough to trust Him with control? Where is that belief tested?
- As the clay, what am I asking the Potter to leave exactly as it is right now?

APPLY

Name one situation you've been gripping tightly. Write at the top of your page: "Not my will, but Yours." Then take one practical step that loosens your grip on that situation today—a conversation, a pause, a prayer of release.

DAY TWO

A HEART ATTITUDE, NOT RELIGIOUS ACTIVITY

THEME: YOU CAN SACRIFICE AND OBEY AND STILL NOT BE SURRENDERED.

Surrender is a heart attitude that precedes an action, so it can't be faked with religious activity. Jesus warned of people who honor God with their lips while their hearts are far from Him, talking about surrender and doing things to look obedient, while the heart stays unaligned. That's why surrender is different from sacrifice (you can give things up and still be in control) and different from obedience (you can keep a lot of rules and never actually surrender). When we fear losing control, we tend to cover up the gap between our words and our hearts.

READ

Matthew 15:8 *"This people honor me with their lips, but their heart is far from Me."*

1 Samuel 15:22 *"To obey is better than sacrifice."*

Psalms 51:16-17 *"A broken and contrite heart, O God, you will not despise."*

PRAY

"Lord, I don't want to just talk about surrender or perform obedience. Search my heart and show me where it's far from You. I want my heart aligned with You, not just my behavior. Amen."

REFLECT

- Where am I 'honoring God with my lips' while my heart is somewhere else?
- Have I been substituting sacrifice or rule-keeping for actual surrender? What's the difference in my life?
- What am I doing to impress people that my heart isn't actually behind?

APPLY

Pick one area where your outward actions and inner heart don't match. Name it honestly to God today. No cover-up, no performance. Ask Him to align your heart with what He's actually asking of you.

DAY THREE

LET GO AND LEARN TO BE CONTENT

THEME: STEPS 1 & 2 — BE STILL,
AND FIND CONTENTMENT IN HIM.

The first step of surrender is to let go of control. “Be still” in Psalm 46:10 is the Hebrew word *rapha*. Literally, “let go.” Like Israel pinned against the Red Sea, sometimes God says the battle is His: “The Lord will fight for you; you have only to be silent.” The second step is to learn to be content. Paul said contentment is something learned, a secret discovered in being both brought low and lifted high. Together they say: God has this; you can let go.

READ

Psalm 46:10 *“Be still (rapha — ‘let go’), and know that I am God.”*

Exodus 14:13-14 *“The Lord will fight for you, and you have only to be silent.”*

Philippians 4:11-13 *“I have learned the secret of being content in any and every situation.”*

PRAY

“Father, I let go. You are God and I am not. I’ll be still and trust You to fight for me. Teach me the secret of contentment in whatever circumstance I’m in. Amen.”

REFLECT

- What battle am I exhausting myself fighting that God may be asking me to be still and let Him handle?
- Contentment is ‘learned.’ What circumstance is currently teaching me, abundance or lack, and what is the lesson?
- What would ‘being silent’ instead of striving look like for me this week?

APPLY

Take five minutes of intentional stillness today. No phone, no fixing, no planning. Simply pray, “I let go; You are God.” Then name one thing you’re discontent about and thank God for His provision in it.

DAY FOUR

LAY DOWN YOUR PLANS

THEME: STEP 3 — YOU CAN'T HOLD GOD'S PLANS AND YOUR OWN AT THE SAME TIME.

The third step is to lay down your plans. God says, "I know the plans I have for you". Plans to prosper and not to harm. Wouldn't you rather have God's plans than your own? The catch is that you can't receive His plans while clinging to yours. We make our plans, but the Lord establishes our steps; surrender means holding our plans loosely enough that God can redirect them.

READ

Jeremiah 29:11 *"I know the plans I have for you, declares the Lord."*

Proverbs 16:9 *"In their hearts humans plan their course, but the Lord establishes their steps."*

James 4:13-15 *"You ought to say, 'If it is the Lord's will, we will live and do this or that.'"*

PRAY

"Lord, I lay down my plans for Yours. I trust that what You have for me is better than anything I've drawn up. Establish my steps and lead me where You want me to go. Amen."

REFLECT

- What plan am I holding so tightly that there's no room for God to change it?
- Do I really believe God's plans for me are better than mine? Where does that get tested?
- What would it look like to make plans 'with open hands' this week?

APPLY

Write down one plan or expectation you've been clinging to. Pray over it: "Lord, if Yours is different, I want Yours." Hold it with open hands today and ask God to establish your steps.

DAY FIVE

LEAVE THE FUTURE TO GOD

THEME: STEP 4 — RAISE THE WHITE FLAG; THE WAR IS OFF.

The final step is to leave the future to God and trust Him with all your heart with what you can't see. Jesus said anyone who doesn't renounce all he has can't be His disciple; surrender is total. It's holding up the white flag and saying, "God, the war is off. I'm not going to fight You anymore." Aren't you tired of being at war with God? You're not losing your life by surrendering. You're putting it in His hands. And you're already engraved on the palms of those hands. He's got you.

READ

Proverbs 3:5-6 *"Trust in the Lord with all your heart... He will make your paths straight."*

Luke 14:33 *"Any one of you who does not renounce all that he has cannot be my disciple."*

Isaiah 49:16 *"I have engraved you on the palms of my hands."*

Matthew 11:28-30 *"Come to me... and I will give you rest. My yoke is easy and my burden is light."*

PRAY

"God, the war is off. I stop fighting You and put my whole future in Your hands. I trust You with all my heart. Thank You that I'm engraved on Your palms. You've got me. Amen."

REFLECT

- Where am I still 'at war' with God, fighting for control of the future?
- What does raising the white flag look like for me in concrete terms?
- How does knowing I'm engraved on His hands change how I face an uncertain future?

APPLY

Looking back over the four steps: let go, learn contentment, lay down plans, leave the future—pick the one that is hardest for you and commit to one ongoing practice in it this week. Then pray a prayer of full surrender, raising the white flag over your future.

“Trust in the
Lord with all
your heart...
He will make
your paths
straight.”

PROVERBS 3:5-6



WEEKLY TRACKER

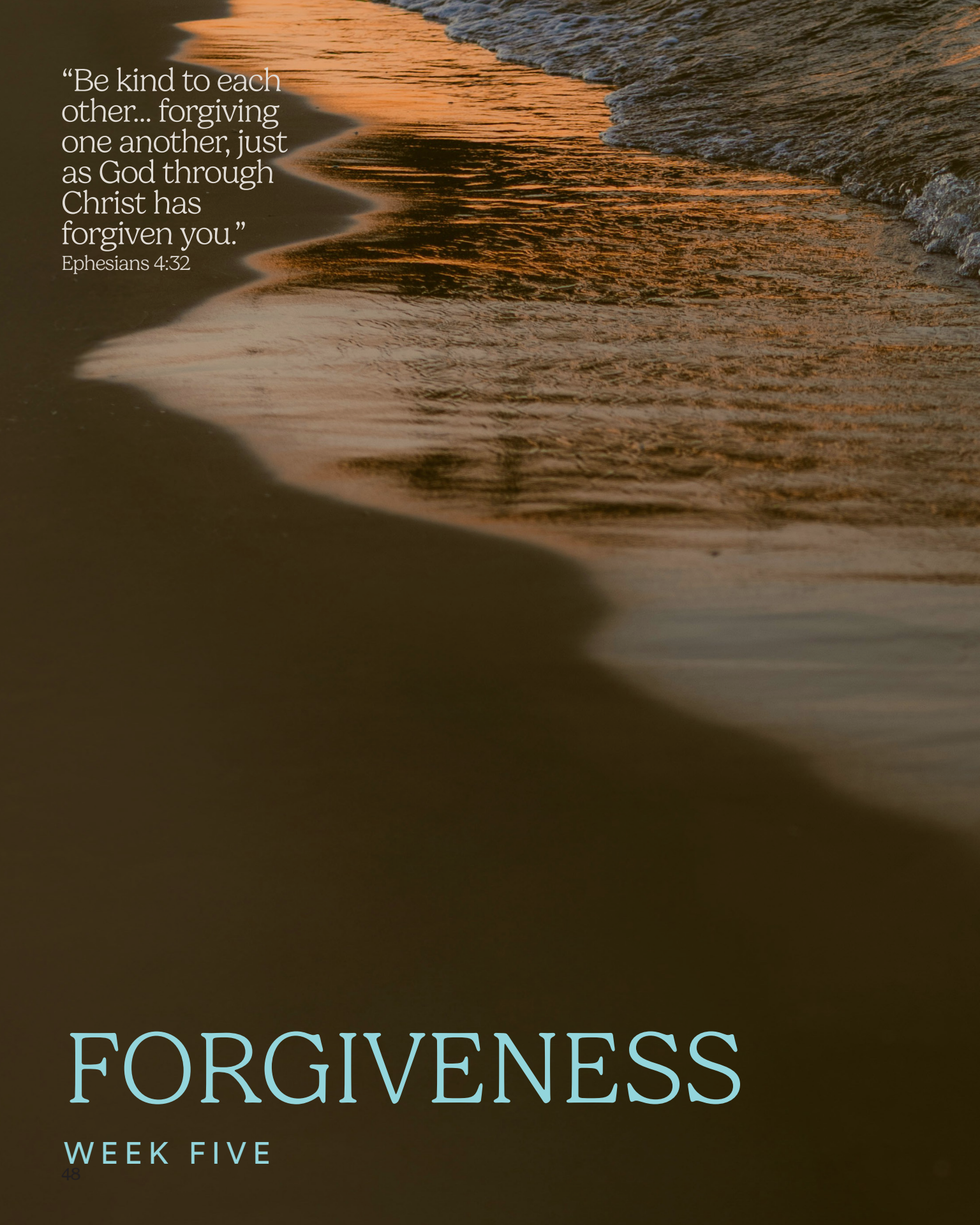
Check off each day as you complete it. Surrendering to God is the beginning of true freedom — one step at a time.

- ☐ Day 1 — What Surrender Really Is
- ☐ Day 2 — A Heart Attitude, Not Religious Activity
- ☐ Day 3 — Let Go And Learn To Be Content
- ☐ Day 4 — Lay Down Your Plans
- ☐ Day 5 — Leave The Future To God

JOURNAL WEEK FOUR — SURRENDER

What are you still gripping that God is asking you to place in His hands?

“God, the war is off. I’m not going to fight You anymore.”
You’re not losing your life — you’re putting it in His hands.



“Be kind to each
other... forgiving
one another, just
as God through
Christ has
forgiven you.”

Ephesians 4:32

FORGIVENESS

WEEK FIVE

WEEK 5 - FORGIVENESS

WELCOME • ~15 min

Welcome everyone back and take a moment to settle in, greeting anyone who is new before you begin.

REVIEW AND HIGHLIGHTS • ~10 min

Briefly recap Week 4 (Surrender), that surrender is giving up control to God and the beginning of true freedom. Go around and invite each person to share one highlight from their 5-day plan or journal, something they read and applied during the week.

INTRODUCTION TO THE VIDEO • ~5 min + video

Tonight's teaching, Forgiveness, explains why we struggle to forgive, a wrong idea of what it is, a sense that it isn't fair, and the feeling that we can't do it, and then shows how to choose to forgive others (pray, bless, do good) and to forgive ourselves because Jesus already has.

Note that tonight's topic, forgiveness, can be tender, so set an extra-safe, confidential tone.

Video length: ____ minutes

Then watch the Week 5 video together. Remind everyone to fill in their video-notes blanks as they watch.

DISCUSSION QUESTIONS • ~25–30 min

- **Launching:** In one word, what feeling does the word 'forgiveness' bring up for you?
- **Understanding:** The teaching said forgiveness is NOT minimizing, forgetting, or reconciliation. Why is that distinction so important?
- **Sharing:** Is there a place where unforgiveness has felt like it's 'holding' you? Share as much or as little as you want...
- **Application:** What's one step toward forgiveness, of someone else or yourself, you can take this week (pray for them, bless them, or receive God's forgiveness)?

CLOSING & PRAYER • ~10 min

Remind the group they may never get an apology and don't need one to be free. Offer to pray one-on-one with anyone who's wrestling.

Prayer: Pray for courage and the Holy Spirit's strength to forgive, and for each person to receive the forgiveness God has already given them.

THIS WEEK • ~5 min

Point to the Week 5 video notes, 5-day plan, and journal. Note that the daily steps move gently, encourage them not to skip the 'forgive yourself' day.

VIDEO NOTES

OFFENSE

An offense is when someone crosses the line and violates what is right and fair.

An unforgiven offense is like an arrow dipped in poison. The wound hurts, but the poison that stays behind is worse.

The Greek word for offense is scandalon, “the bait” used to lure an animal into a trap.

You think you’re holding onto the offense, but really, the offense is holding onto you.

Fill in the blanks as you watch Session 5.

WHY WE STRUGGLE TO FORGIVE

1. We have a WRONG IDEA of forgiveness.

Forgiveness is NOT minimizing what happened.

Forgiveness is NOT forgetting what happened.

Forgiveness is NOT reconciliation.

Romans 12:18 NIV “If it is possible, as far as it depends on you, live at peace with everyone.”

2. We don’t think IT’S FAIR.

Matthew 18:32-33 NLT “I forgave you all that tremendous debt... shouldn’t you have mercy on others, just as I had mercy on you?”

3. We don’t think WE CAN DO IT

2 Corinthians 12:9 NIV “My grace is sufficient for you, for my power is made perfect in weakness.”

CHOOSE TO FORGIVE OTHERS

Ephesians 4:31-32 NLT “Get rid of all bitterness, rage, anger... be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.”

Forgiveness is a CHOICE, it is not a feeling. It is obedience to God’s Word.

What walking in forgiveness looks like: PRAYING for people who have offended you.

Matthew 5:44 NIV “Love your enemies and pray for those who persecute you.”

BLESS people who have offended you.

Romans 12:14 NIV “Bless those who persecute you; bless and do not curse.”

DO GOOD to people who have offended you.

Luke 6:27 NIV “Love your enemies, do good to those who hate you.”

VIDEO NOTES CONT.

CHOOSE TO FORGIVE YOURSELF BECAUSE JESUS ALREADY HAS

Don't live like someone on parole when God has fully pardoned you. If God has forgiven you, there is no greater forgiveness to be given. Receive it.

Stop trying to **EARN** forgiveness.

Ephesians 2:8-9 NIV *"It is by grace you have been saved, through faith... not by works, so that no one can boast."*

RECEIVE God's forgiveness by faith.

Defeat every lie with the **TRUTH**.

1 Corinthians 1:30 NLT *"God has united you with Christ Jesus. For our benefit God made him to be wisdom itself. Christ made us right with God; he made us pure and holy, and he freed us from sin."*

Walk in forgiveness, and you walk in freedom. That is not weakness. It is the most powerful choice you will ever make.

DAY ONE

OFFENSE: THE BAIT

THEME: YOU THINK YOU'RE HOLDING THE OFFENSE, BUT IT'S HOLDING YOU.

We live in a broken world, so every one of us has been offended and hurt. An unforgiven offense is like an arrow dipped in poison. The wound hurts, but the poison that stays behind is worse. Left to sit, it seeps into how we think, how we see everything, and finally into the heart, where it begins to paralyze us. The Greek word for offense is scandalon, “the bait” set over a hidden trap. The enemy uses the hurt to lure you into the trap of unforgiveness. You think you’re holding the offense; really, the offense is holding you.

READ

Hebrews 12:15 *“See to it that no bitter root grows up to cause trouble and defile many.”*

Proverbs 4:23 *“Above all else, guard your heart, for everything you do flows from it.”*

Ephesians 4:26-27 *“Do not let the sun go down while you are still angry, and do not give the devil a foothold.”*

PRAY

“Father, I’ve been carrying a wound that’s turned into poison. I don’t want to stay trapped by what someone did to me. Show me what I’m holding, and what’s holding me, and lead me toward freedom. Amen.”

REFLECT

- What offense have I been carrying — something said or done that still has a grip on me?
- Where do I see the ‘poison’ seeping out: in my thoughts, my relationships, how I see myself or my future?
- Am I holding the offense, or is the offense holding me? How can I tell?

APPLY

Name the offense honestly. Write down what happened and who it involves. Naming it is not reliving it; it’s the first step to handing it to God. Don’t rush to fix it today; simply bring it into the light and ask God to begin freeing you from it.

DAY TWO

WHAT FORGIVENESS IS NOT

THEME: A WRONG IDEA OF FORGIVENESS KEEPS US STUCK.

One big reason we struggle to forgive is that we have the wrong idea of what it is. Forgiveness is not minimizing what happened. The hurt was real. It is not forgetting. You may always remember, but you can stop reliving the pain. And it is not the same as reconciliation. When we say “I’ll forgive once they apologize,” we become a hostage to the very person who wronged us because our freedom is left up to them, and you may never hear an apology. Reconciliation is a two-way street that requires genuine change; forgiveness is something you can do regardless.

READ

Romans 12:18 *“If it is possible, as far as it depends on you, live at peace with everyone.”*

Matthew 6:14-15 *“If you forgive others their trespasses, your heavenly Father will also forgive you.”*

Colossians 3:13 *“Bear with each other and forgive one another... as the Lord forgave you.”*

PRAY

“Lord, free me from a wrong idea of forgiveness. I won’t wait for an apology I may never get. I choose to forgive even where I can’t reconcile, and to live at peace as far as it depends on me. Amen.”

REFLECT

- Which wrong idea have I believed — that forgiving means minimizing, forgetting, or automatically reconciling?
- Have I been waiting for an apology before I’ll forgive? How has that left my freedom in someone else’s hands?
- Is there a relationship where forgiveness is needed but full reconciliation may not be wise or possible? What does ‘peace as far as it depends on me’ look like there?

APPLY

Separate the two on paper: write “Forgiveness” and “Reconciliation” as two columns. For the offense you named yesterday, decide what forgiveness can look like today even if reconciliation isn’t possible and release the requirement of an apology.

DAY THREE

“IT’S NOT FAIR” AND “I CAN’T”

THEME: MERCY RECEIVED BECOMES MERCY GIVEN — IN HIS STRENGTH, NOT OURS.

Two more reasons we resist forgiving: we don’t think it’s fair, and we don’t think we can do it. On fairness, Jesus told of a servant forgiven an enormous debt who then refused to forgive a tiny one. When we withhold forgiveness, we’re asking for a mercy we won’t extend. On strength, in our own power we truly aren’t strong enough to forgive deep wrongs, but we don’t have to be. God’s grace is sufficient and His power is perfected in our weakness. And Jesus Himself was betrayed, lied about, and abused, so He understands and shows us the way.

READ

Matthew 18:21-35 *“The parable of the unforgiving servant — forgiven much, he would not forgive little.”*

2 Corinthians 12:9 *“My grace is sufficient for you, for my power is made perfect in weakness.”*

Hebrews 4:15 *“We have a high priest who is able to empathize with our weaknesses.”*

PRAY

“Lord, I’ve received mercy I could never earn. Help me extend it. I can’t forgive this in my own strength, so I ask for Yours. Your grace is enough for me. Thank You that Jesus understands my pain. Amen.”

REFLECT

- Where am I demanding a justice from others that I myself have received as mercy from God?
- What feels too big for me to forgive in my own strength, and have I actually asked the Holy Spirit for His?
- How does it change things to know Jesus has personally experienced betrayal and abuse, and understands my pain?

APPLY

Take the offense you named and admit honestly: “I can’t do this on my own.” Then ask the Holy Spirit, specifically and out loud, for the supernatural strength to forgive. Remember the mercy you’ve been shown as you do.

DAY FOUR

CHOOSE TO FORGIVE OTHERS

THEME: FORGIVENESS IS A CHOICE. PRAY, BLESS, DO GOOD.

Forgiveness is a choice, not a feeling. It's obedience to God's Word. If we wait until we feel like forgiving, we'll live by our feelings and stay bound. God's way looks like weakness to the world, but it's actually His path to freedom. Scripture gives three concrete actions toward those who've hurt us: pray for them, bless them, and do good to them. When we do, we open the door for God to move, and there's no telling what He'll do.

READ

Ephesians 4:31-32 *"Get rid of all bitterness... forgiving one another, just as God in Christ forgave you."*

Matthew 5:44 *"Pray for those who persecute you."*

Romans 12:14 *"Bless those who persecute you; bless and do not curse."*

Luke 6:27 *"Do good to those who hate you."*

PRAY

"Father, I choose to forgive. Not because I feel it, but because You ask it and You forgave me first. I pray for the one who hurt me. I bless them, and I ask You to move. Have Your way. Amen."

REFLECT

- Have I been waiting to 'feel' forgiveness before I choose it? What would choosing it today look like?
- Of the three actions, pray, bless, do good, which is hardest toward the person who hurt me?
- What might God want to do if I opened that door by actually praying for them?

APPLY

Pick one person who has offended you and do one concrete thing today: pray a genuine prayer for their good, speak a blessing over them instead of a curse, or do one small kindness. Choose the action before the feeling catches up.

DAY FIVE

CHOOSE TO FORGIVE YOURSELF

THEME: LIVE PARDONED, NOT PAROLED.

Sometimes the biggest thing standing between you and freedom isn't forgiving others—it's forgiving yourself. If you've given your life to Christ but can't forgive your own sins, you walk around as someone on parole rather than someone fully pardoned. Refusing to forgive yourself actually holds your justice above God's: if He has forgiven you, there is no greater forgiveness to be had. So stop trying to earn it. Grace is a gift, not wages. Receive it by faith, and defeat every lie of condemnation with the truth of who you are in Christ.

READ

Ephesians 2:8-9 *"It is by grace you have been saved, through faith... not by works."*

1 Corinthians 1:30 *"Christ made us right with God; He made us pure and holy and freed us from sin."*

Romans 8:1 *"There is now no condemnation for those who are in Christ Jesus."*

PRAY

"Lord, I stop trying to earn what You've freely given. I receive Your forgiveness by faith, and I forgive myself because You already have. I defeat every lie with Your truth: in Christ, there is no condemnation. Amen."

REFLECT

- Am I living pardoned or paroled? Where am I still punishing myself for what God has already forgiven?
- Have I been trying to earn forgiveness? How might that be causing me to make others earn it too?
- What lie of condemnation do I most need to replace with the truth of Romans 8:1?

APPLY

Write down one thing you've been unable to forgive yourself for. Across from it, write the truth: "There is now no condemnation for those who are in Christ Jesus." Out loud, receive God's forgiveness by faith and choose to stop carrying what He has already pardoned.

WEEKLY TRACKER

Check off each day as you complete it. Forgiveness takes courage, but He’s with you. And freedom is on the other side.

- ☐ Day 1 — Offense: The Bait
- ☐ Day 2 — What Forgiveness Is Not
- ☐ Day 3 — “It’s Not Fair” And “I Can’t”
- ☐ Day 4 — Choose To Forgive Others
- ☐ Day 5 — Choose To Forgive Yourself

JOURNAL WEEK FIVE — FORGIVENESS

Who (or what) is God inviting you to forgive, including yourself? What is the honest first step?

Walk in forgiveness, and you walk in freedom.
That is not weakness — it’s the most powerful choice you’ll ever make.

A photograph of a white mailbox mounted on a wooden post, situated on a grassy lawn next to a paved driveway. The mailbox is white with a silver handle and a small lock. The wooden post is a reddish-brown color. In the background, there is a gravel driveway, a concrete sidewalk, and some greenery. The overall scene is a typical suburban neighborhood.

"Death and life
are in the power
of the tongue."

Proverbs 18:21

THE POWER OF WORDS

WEEK SIX

WEEK 6 - THE POWER OF WORDS

WELCOME • ~15 min

Welcome everyone back and take a moment to settle in, greeting anyone who is new before you begin

REVIEW AND HIGHLIGHTS • ~10 min

Briefly recap Week 5 (Forgiveness), that forgiveness is a choice we make in God's strength, for our own freedom. Be gentle, since it was a heavy week. Then go around and invite each person to share one highlight from their 5-day plan or journal, something they read and applied during the week.

INTRODUCTION TO THE VIDEO • ~5 min + video

Tonight's teaching, The Power of Words, shows that words don't just describe reality, they shape it. Our words reveal what's in our hearts and build either freedom or bondage over time. The teaching gives three responses: guard your heart, gauge your tongue, and speak truth over yourself.

Video length: ____ minutes

Then watch the Week 6 video together. Remind everyone to fill in their video-notes blanks as they watch.

DISCUSSION QUESTIONS • ~25–30 min

- **Launching:** What's the best compliment or encouraging word someone has ever spoken over you?
- **Understanding:** The teaching said 'my mouth is a window into my heart.' What did that mean, and how do our words both reveal and build?
- **Sharing:** Are there words, spoken by you or over you, that you've been living inside of? Share if you're comfortable...
- **Application:** What's one 'word of death' you can stop speaking this week, and one 'word of life' from Scripture you'll speak in its place?

CLOSING & PRAYER • ~10 min

Remind the group that what we consume, we produce, and we can choose to speak life over ourselves and others.

Prayer: Ask God to guard each person's heart and tongue, and to fill their mouths with words of life and truth.

THIS WEEK • ~5 min

Point to the Week 6 video notes, 5-day plan, and journal. Encourage them to choose one verse to speak out loud daily.

VIDEO NOTES

Proverbs 18:21 NASB *“Death and life are in the power of the tongue, and those who love it will eat its fruit.”*

Death and life, two directions. Every time you open your mouth, you’re going one of those two ways.

**TRUTH #1:
YOUR WORDS REVEAL WHAT’S
INSIDE YOU**

Luke 6:45 NASB *“The good man brings forth good out of the good treasure of his heart... for his mouth speaks from that which fills his heart.”*

Water bottle: when you squeeze it, whatever is inside comes out. When life squeezes you with stress, tiredness, or hurt, what’s inside comes out. Your words are a spiritual gauge.

Proverbs 4:23 NASB *“Watch over your heart with all diligence, for from it flow the springs of life.”*

My words don’t just describe my life. They REVEAL my heart.

My mouth is a WINDOW into my heart.

**TRUTH #2:
YOUR WORDS ARE BUILDING
SOMETHING**

You will eat the fruit of what you speak. The words you speak consistently become the world you live in.

Proverbs 18:21 NASB *“Death and life are in the power of the tongue, And those who love it will eat its fruit.”*

Words build or tear down in two directions: words spoken TO you (over your identity, future, value) and words spoken BY you (about yourself, others, God).

Proverbs 16:24 NASB *“Pleasant words are a honeycomb, sweet to the soul and healing to the bones.”*

What I consistently speak over my life, I will eventually HARVEST .

My words are either building a life of FREEDOM or a life of BONDAGE .

VIDEO NOTES CONT.

HOW DO WE CHANGE THE WAY WE SPEAK?

1. Guard Your Heart

Proverbs 4:23-24 NASB “Watch over your heart... put away from you a deceitful mouth and put devious speech far from you.”

I cannot speak life if I am constantly consuming **DEATH**.

2. Gauge Your Tongue

Proverbs 10:19 NASB “When there are many words, transgression is unavoidable, but he who restrains his lips is wise.”

I don't control every situation, but I can control **MY TONGUE**.

3. Speak Truth Over Yourself

Philippians 4:8 NASB “Whatever is true, honorable, right, pure, lovely... dwell on these things.”

I replace words of death with words of **LIFE** and **TRUTH** from God's Word.

If words of death have been spoken over you, here's the process:

- **Confess it:** acknowledge what you've believed that isn't true
- **Repent:** change direction, stop agreeing with the lie
- **Cast it off:** with the authority of Jesus, refuse to let the enemy keep using it
- **Bless:** speak what God says. Fill the empty space with truth.

DAY ONE

DEATH & LIFE: TWO DIRECTIONS

THEME: WORDS DON'T JUST DESCRIBE REALITY — THEY SHAPE IT.

The words spoken over us and the words we speak become the story we tell about ourselves, and eventually our reality. Scripture doesn't say words are "kind of important"; it says death and life are in the power of the tongue. Two directions, that's it. Every time you open your mouth, you're heading one of those two ways. God Himself created by speaking. He didn't snap His fingers. He spoke, and we're made in His image with that same creative power in our words.

READ

Proverbs 18:21 *"Death and life are in the power of the tongue."*

Genesis 1:3 *"Then God said, 'Let there be light'; and there was light."*

James 3:3-6 *"The tongue is a small part of the body, but it makes great boasts... it sets the course of one's life."*

PRAY

"Father, You spoke the world into being, and You've put power in my words too. Make me aware of the direction my words are heading. I want to speak life. Amen."

REFLECT

- If my words have been steering my life in a direction, which way have they been pointing — toward death or toward life?
- What 'story about myself' have my words been telling lately?
- Where have I underestimated the power of what I say, treating words as harmless?

APPLY

For one full day, simply notice your words to yourself and others and jot down whether each was a 'seed of death' or a 'seed of life.' No fixing yet; just become aware of the direction you've been heading.

DAY TWO

YOUR WORDS REVEAL YOUR HEART

**THEME: THE HEART IS THE SOURCE;
THE MOUTH IS THE FAUCET.**

Think of a water bottle: squeeze it and whatever is inside comes out. You don't decide in that moment, it was decided by what was already in there. Your words work the same way. When life squeezes you, when you're stressed, tired, hurt, or embarrassed, what's inside comes out. That makes your speech a spiritual gauge, constantly measuring how much of your heart has been surrendered to God. So you can't just 'watch what you say'. That's whitewashing. Fix the source, and the faucet changes.

READ

Luke 6:45 *"Out of the abundance of the heart the mouth speaks."*

Proverbs 4:23 *"Watch over your heart with all diligence, for from it flow the springs of life."*

Matthew 12:34 *"Out of the overflow of the heart the mouth speaks."*

PRAY

"Lord, my words reveal what's really inside me. Don't let me settle for whitewashing my speech. Change my heart at the source. Show me what's in the bottle, and surrender more of it to You. Amen."

REFLECT

- What do I say about myself when I fail?
- What comes out of me when I'm in conflict?
- What do I say about people when they're not in the room, and what does that reveal about my heart?

APPLY

Pick the recurring phrase from yesterday that troubles you most. Instead of just trying to stop saying it, ask God what's in your heart underneath it: fear, pride, hurt, and bring that root to Him today. Treat the source, not just the symptom.

DAY THREE

YOUR WORDS ARE BUILDING SOMETHING

THEME: YOU WILL EAT THE FRUIT OF WHAT YOU SPEAK — FREEDOM OR BONDAGE.

Words don't just reveal something. They do something. You will eat the fruit of what you speak, and the words you say consistently become the world you live in. This works in two directions: words spoken TO you over your identity and future, and words spoken BY you about yourself, others, and God. That's why the enemy cares so much about a word that takes root. One sentence from a parent, teacher, or coach, and you may still be living inside it years later. Pleasant words heal; words of death break things that take years to repair.

READ

Proverbs 18:21 *"Those who love the tongue will eat its fruit."*

Proverbs 16:24 *"Pleasant words are a honeycomb, sweet to the soul and healing to the bones."*

Galatians 6:7 *"A man reaps what he sows."*

PRAY

"Father, I've been living inside words that were never from You. I reject those seeds of death and choose to plant words of life instead. Build a life of freedom in me, and let my words heal others. Amen."

REFLECT

- What words were spoken over me, by a parent, teacher, or coach, that I'm still living inside of?
- Looking at the 'world I live in' right now, what have my consistent words been building?
- Am I building a life of freedom or a life of bondage with what I repeatedly say?

APPLY

Name one negative word that took root in you then write the truth God says in its place, and speak that truth out loud. Also pick one person and intentionally speak a 'honeycomb' word of life over them today.

DAY FOUR

GUARD YOUR HEART & GAUGE YOUR TONGUE

THEME: WATCH WHAT GOES IN AND DECIDE THE LINE BEFORE THE MOMENT.

Two practical steps. First, guard your heart: be intentional about what you let in, because what you consume you will eventually produce. What you listen to, binge, and scroll is going into the bottle, and under pressure it comes back out. Second, gauge your tongue: a gauge has a line you don't cross, so decide in advance: "I won't gossip, I won't speak down on myself, I won't tear people apart." This isn't a feeling; it's a decision you make before the moment, because in the moment you'll talk yourself out of it.

READ

Proverbs 4:23-24 *"Watch over your heart... put away a deceitful mouth and devious speech."*

Proverbs 10:19 *"When there are many words, transgression is unavoidable, but he who restrains his lips is wise."*

Ephesians 4:29 *"Let no unwholesome talk come out of your mouths, but only what builds others up."*

PRAY

"Lord, help me guard what I let into my heart, because I'll produce what I consume. And give me the resolve to set a line for my tongue and hold it even when I don't feel like it. Amen."

REFLECT

- What am I consuming in music, media, and conversations that I don't need to be consuming?
- Where do my words most often 'cross the line': gossip, self-criticism, or tearing others down?
- What line do I need to decide on now, before I'm in the heat of the moment?

APPLY

Do both today: cut out one input that's feeding death into the bottle, and write down one clear 'line' you will not cross with your words this week. Decide it now, in advance.

DAY FIVE

SPEAK TRUTH OVER YOURSELF: THE VOICE OF VICTORY

**THEME: REPLACE WORDS OF DEATH
WITH WORDS OF LIFE AND TRUTH.**

You can't just stop speaking death. You have to replace it with life. Scripture isn't a lucky charm you quote; it's truth you agree with. When words of death have been spoken over you, the process is to confess it (acknowledge the lie you've believed), repent (stop agreeing with it), cast it off in the authority of Jesus, and bless (fill the empty space with what God says). Speaking God's Word over yourself isn't denial. It's declaration: you're agreeing with what God says is more real. The final question is whether you'll be intentional, using your words on purpose to promote God's Kingdom and minister to others.

READ

Philippians 4:8 *"Whatever is true, honorable, right, pure, lovely... dwell on these things."*

1 Corinthians 13:4-8 *"Love is patient, love is kind... love never fails."*

2 Corinthians 10:5 *"Take every thought captive to obey Christ."*

PRAY

"Father, I confess the lies I've agreed with, and I cast them off in Jesus' name. I declare Your truth over myself as more real than what I feel. Make me Your mouth. Use my words to speak life. Amen."

REFLECT

- What lie of death do I most need to confess, repent of, and cast off in Jesus' authority?
- What does God's Word actually say about me that I can declare in its place?
- Am I being intentional with my words — using them on purpose to build God's Kingdom and speak life into others?

APPLY

Choose a passage of truth about who you are in Christ (Philippians 4:8 or 1 Corinthians 13:4-8 are great starts), write it on a card, and speak it over yourself out loud daily. Then go speak one intentional word of life over someone else. Confirm something good God has put in them.

WEEKLY TRACKER

Check off each day as you complete it. We are the body of Christ: His hands, His feet, and His mouth. The world around us is waiting for someone to speak life.

- ☐ Day 1 — Death & Life: Two Directions
- ☐ Day 2 — Your Words Reveal Your Heart
- ☐ Day 3 — Your Words Are Building Something
- ☐ Day 4 — Guard Your Heart & Gauge Your Tongue
- ☐ Day 5 — Speak Truth Over Yourself: The Voice of Victory

JOURNAL WEEK SIX — THE POWER OF WORDS

What words, spoken by you or over you, have shaped you? What truth will you speak in their place?

“Am I intentional to use my words to promote the Kingdom of God and minister to others?”
Let God use your words from this day forward. See the life that comes forth.



“The Word
became
flesh and
made His
dwelling
among us.”
John 1:14

THE LIVING WORD

WEEK SEVEN

WEEK 7 - THE LIVING WORD

WELCOME • ~15 min

Welcome everyone back and take a moment to settle in, greeting anyone who is new before you begin

REVIEW AND HIGHLIGHTS • ~10 min

Briefly recap Week 6 (The Power of Words), that our words flow from the heart and build either freedom or bondage. Then go around and invite each person to share one highlight from their 5-day plan or journal, something they read and applied during the week.

INTRODUCTION TO THE VIDEO • ~5 min + video

Tonight's teaching, The Living Word, reminds us that Jesus is the living Word and the Scriptures exist to bring us to Him. It gives four ways to integrate the Word into our lives, make it a priority, read it in faith, meditate on it, and do what it says.

Video length: _____ minutes

Then watch the Week 7 video together. Remind everyone to fill in their video-notes blanks as they watch.

DISCUSSION QUESTIONS • ~25–30 min

- **Launching:** Be honest, what's your relationship with the Bible been like (daily friend, occasional, intimidating, dusty)? No judgment here?
- **Understanding:** The teaching warned against studying the Bible out of duty and missing Jesus. What's the difference between knowing about God and knowing God?
- **Sharing:** When has a passage of Scripture come alive for you, felt 'living' in a real moment? Share the story...
- **Application:** Of the four, priority, faith, meditate, do, which will you focus on this week, and what's your practical plan?

CLOSING & PRAYER • ~10 min

Remind the group: don't just read the Word, let the living Word read you. Fight for consistency in this season.

Prayer: Ask God to make His Word come alive, to grow each person's hunger for it, and to help them do what it says.

THIS WEEK • ~5 min

Point to the Week 7 video notes, 5-day plan, and journal. Encourage them to pick one verse to 'chew on' all week.

VIDEO NOTES

THE WORD BECAME FLESH

John 1:1-4 NIV *“In the beginning was the Word, and the Word was with God, and the Word was God... In him was life, and that life was the light of all mankind.”*

John 1:14 NIV *“The Word became flesh and made his dwelling among us... full of grace and truth.”*

Jesus is the embodiment of the Scriptures we read and teach.

John 5:39-40 NIV *“You study the Scriptures diligently because you think that in them you have eternal life... yet you refuse to come to me to have life.”*

Ask yourself: Am I reading the Bible out of duty, or out of a desire to know God?

HOW DO WE INTEGRATE THE WORD INTO OUR LIVES?

1. Make God’s Word a **PRIORITY**.

We always make time for what’s important. Just as the body needs food, the spirit needs the Word.

2. Read it with a heart full of **FAITH**.

Hebrews 11:6 NIV *“Without faith it is impossible to please God... he rewards those who earnestly seek him.”*

Romans 10:17 NIV *“Faith comes from hearing the message, and the message is heard through the word about Christ.”*

3. **MEDITATE** on the Word of God.

Meditate = to engage in contemplation or reflection. Don’t just read and put it away — sit with it, ruminate, chew on it all day long.

Psalms 1:1-3 NIV *“Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers,² but whose delight is in the law of the Lord, and who meditates on his law day and night. ³ That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither—whatever they do prospers.”*

HOW DO WE MEDITATE ON THE WORD?

SPEAK God’s Word out loud.

Saying Scripture out loud reminds your soul what is true and real and builds your faith as the Word comes out of your mouth.

Romans 8:37 NIV *“In all these things we are more than conquerors through him who loved us.”*

Psalms 27:1 NIV *“The Lord is my light and my salvation — whom shall I fear?”*

VIDEO NOTES CONT.

Be INTENTIONAL

Be proactive, not reactive, with your thought life. Decide that ‘true north’ for your soul is what God says about you, not what is happening to you.

Proverbs 3:1-2 NIV *“Do not forget my teaching, but keep my commands in your heart, for they will prolong your life and bring you peace.”*

Make it PRACTICAL

Fight for consistency in every season.
Protect your frequency.

4. Do what it SAYS

James 1:22-25 NIV *“Do not merely listen to the word, and so deceive yourselves. Do what it says. 23 Anyone who listens to the word but does not do what it says is like someone who looks at his face in a mirror 24 and, after looking at himself, goes away and immediately forgets what he looks like. 25 But whoever looks intently into the perfect law that gives freedom, and continues in it—not forgetting what they have heard, but doing it—they will be blessed in what they do.”*

The Word is so potent that applying its principles would objectively improve your life — and far more when joined to an intimate relationship with Jesus.

DAY ONE

THE WORD BECAME FLESH

THEME: THE SCRIPTURES POINT TO A PERSON — JESUS, THE LIVING WORD.

John tells us that in the beginning was the Word, and the Word was God — and then drops the bomb: the Word became flesh and dwelt among us. Jesus isn't just the subject of Scripture; He is the embodiment of it. Miss that, and we fall into the self-deception Jesus confronted in the Pharisees, who studied the Scriptures diligently yet refused to come to Him for the very life those Scriptures promised. The Bible was never meant to be an end in itself. It was meant to bring us to God.

READ

John 1:1-4 *"In the beginning was the Word... In him was life, and that life was the light of all mankind."*

John 1:14 *"The Word became flesh and made his dwelling among us."*

John 5:39-40 *"You study the Scriptures... yet you refuse to come to me to have life."*

PRAY

*"Jesus, You are the living Word. I don't want to study about You and miss You. As I open the Scriptures this week, draw me to Yourself.
I come to You for life. Amen."*

REFLECT

- Am I reading the Bible out of duty, or out of a desire to know God? Be honest.
- Have I ever treated Scripture as an end in itself rather than a way to meet Jesus?
- What would change if I read this week looking for the Person, not just the principles?

APPLY

Before you read anything else this week, pray a single sentence: "Jesus, I want to know You, not just know about You." Then read one of today's passages slowly, asking what it shows you about Him.

DAY TWO

MAKE IT A PRIORITY & READ WITH FAITH

THEME: YOUR SPIRIT NEEDS THE WORD LIKE YOUR BODY NEEDS FOOD.

We always make time for what's important to us, and just as our bodies need food for fuel, our spirits need the Word. Reading it daily brings life. But priority alone isn't enough; we're to read with a heart full of faith. Scripture says it's impossible to please God without faith, and that He rewards those who earnestly seek Him. Choose to believe the Word is true, and your faith and confidence will grow as you read—because faith comes from hearing the message about Christ.

READ

Matthew 4:4 *“Man shall not live on bread alone, but on every word that comes from the mouth of God.”*

Hebrews 11:6 *“Without faith it is impossible to please God.”*

Romans 10:17 *“Faith comes from hearing the message, and the message is heard through the word about Christ.”*

PRAY

“Father, feed my spirit with Your Word the way food fuels my body. I choose to believe it's true. Reward my seeking and grow my faith as I read. Amen.”

REFLECT

- If someone looked at how I spend my time, would the Word look like a priority — or a leftover?
- Do I actually approach the Bible believing it's true and that God rewards those who seek Him?
- Where do I need my faith and confidence to grow, and how might consistent reading feed that?

APPLY

Set a specific daily time and place for the Word this week and guard it like an appointment. Before you read each day, say out loud: “I believe this is true, and I'm seeking You.”

DAY THREE

MEDITATE ON THE WORD

THEME: DON'T JUST READ IT — SIT WITH IT AND CHEW ON IT.

Meditation may sound New Age to a Christian ear, but its literal meaning is simply to engage in contemplation or reflection. Don't just do a daily reading and put the Word away. Sit with it, ruminate on it. Like getting the nutrients out of food, you swallow it, then recall it and chew on it some more, all day long, until you're mindful of it and able to do what it says. The person who delights in God's Word and meditates on it day and night is like a tree planted by streams of water. Consistently recalling truth paves the way for revelation and puts faith into motion.

READ

Psalm 1:1-3 *"...Whose delight is in the law of the Lord... like a tree planted by streams of water..."*

Joshua 1:8 *"Keep this Book of the Law always on your lips; meditate on it day and night."*

Psalm 119:15 *"I meditate on your precepts and consider your ways."*

PRAY

"Lord, teach me to delight in Your Word and meditate on it day and night. Make me like a tree planted by Your streams. As I recall Your truth, bring revelation and put my faith into motion. Amen."

REFLECT

- Do I tend to 'read and close the book' or do I actually sit with what I've read?
- What is one verse I could 'chew on' throughout the day today?
- Where do I most need revelation — and how might meditating on truth open the door to it?

APPLY

Pick one short verse this morning. Write it down, carry it with you, and return to it several times during the day — reread it, reflect, and ask God what He is saying. Chew on the same verse all day rather than rushing to a new one.

DAY FOUR

SPEAK IT, BE INTENTIONAL, BE PRACTICAL

THEME: THREE WAYS TO MEDITATE THAT YOU CAN START TODAY.

There are three practical ways to meditate. Speak God's Word out loud — self-directed speech is a powerful cognitive tool; saying Scripture aloud reminds your soul what is true and builds your faith as the Word comes out of your mouth. Be intentional — much of our thought life just reacts to what's around us, which keeps us in cycles of anxiety; instead, decide that 'true north' for your soul is what God says about you, not what's happening to you. And make it practical — you may not keep the volume you once had, but if you're intentional you can protect your frequency. Fight for consistency in every season.

READ

Romans 8:37 *"In all these things we are more than conquerors through him who loved us."*

Psalms 27:1 / 103:1-5 *"The Lord is my light and my salvation..." "...who forgives all your sins and heals all your diseases."*

Proverbs 3:1-2 *"Keep my commands in your heart, for they will... bring you peace."*

PRAY

"Father, I'll speak Your Word out loud and let it build my faith. Make me intentional. Let true north for my soul be Your truth, not my circumstances. Help me be practical and consistent in this season. Amen."

REFLECT

- Do I ever speak Scripture out loud over myself, or only read it silently?
- Is my thought life mostly reactive (what's happening to me) or proactive (what God says about me)?
- What does 'protecting my frequency' look like in my current season, even if the volume is small?

APPLY

Do all three today: choose one verse and speak it out loud over yourself; intentionally replace one anxious thought with what God says; and set one practical anchor (car prayer time, lunch with the Word, a verse on your mirror) you can keep this week.

DAY FIVE

DO WHAT IT SAYS

THEME: THE WORD ONLY BENEFITS YOU WHEN YOU LIVE IT.

The Word is only beneficial when you apply it. James says don't merely listen and so deceive yourself — do what it says; the one who only listens is like someone who glances in a mirror and immediately forgets what he looks like, but whoever looks intently into the perfect law that gives freedom and continues in it will be blessed in what they do. The Word is so potent that applying its principles would objectively improve your life: tithing, sabbath rest, being quick to listen and slow to anger, sacrificially loving your spouse. Now imagine that joined to intimacy with Jesus, the power of the Spirit, and unwavering faith.

READ

James 1:22-25 *“Do not merely listen to the word... do what it says... and you will be blessed in what you do.”*

Matthew 7:24-27 *“Everyone who hears these words and puts them into practice is like a wise man who built his house on the rock.”*

Luke 11:28 *“Blessed rather are those who hear the word of God and obey it.”*

PRAY

“Lord, I don't want to deceive myself by only listening. Help me do what Your Word says and build my life on the rock. Joined to You, empowered by Your Spirit, transform me at the core. Amen.”

REFLECT

- Where have I been a 'hearer' of the Word but not a 'doer', forgetting what I look like the moment I close the book?
- What is one biblical principle I know but haven't actually been applying?
- Looking back over the week: priority, faith, meditation, and doing, which step do I most need to carry forward?

APPLY

Choose one specific thing the Word has shown you this week and do it — today, concretely. Then decide on one ongoing practice (a principle to apply, a rhythm to keep) that turns hearing into a lifestyle of doing.

WEEKLY TRACKER

Check off each day as you complete it. Fight for consistency in every season. Protect your frequency.

- ☐ Day 1 — The Word Became Flesh
- ☐ Day 2 — Make It A Priority & Read With Faith
- ☐ Day 3 — Meditate On The Word
- ☐ Day 4 — Speak It, Be Intentional, Be Practical
- ☐ Day 5 — Do What It Says

JOURNAL WEEK SEVEN — THE LIVING WORD

What is God speaking to you through His Word this week, and how will you do what it says?

“They will be blessed in what they do.”
Don’t just read the Word — let the living Word read you.



"You will be a
special utensil
for honorable
use...ready for
the Master to
use you."

2 Timothy 2:21

VESSELS OF HONOR

WEEK EIGHT

WEEK 8 - VESSELS OF HONOR

WELCOME • ~15 min

Welcome everyone back and take a moment to settle in, greeting anyone who is new before you begin

REVIEW AND HIGHLIGHTS • ~10 min

Briefly recap Week 7 (The Living Word), that Jesus is the living Word, and we're to make it a priority, read it in faith, meditate on it, and do what it says. Since this is the final session, take a moment to look back over the whole journey. Then go around and invite each person to share one highlight from their 5-day plan or journal, something they read and applied during the week.

INTRODUCTION TO THE VIDEO • ~5 min + video

Tonight's final teaching, Vessels of Honor, reminds us that God paid the highest price for us and calls us vessels of honor. Walking it out means fighting a real enemy, by the name of Jesus, the Word of God, and the blood of the cross, and reordering our lives by offering our bodies, renewing our minds, and surrendering our wills.

Video length: _____ minutes

Then watch the Week 8 video together. Remind everyone to fill in their video-notes blanks as they watch

DISCUSSION QUESTIONS • ~25–30 min

- **Launching:** If someone made a 'highlight reel' of your last eight weeks, what's one clip you'd want in it?
- **Understanding:** The teaching said we 'fight from victory, not for victory.' What does that mean, and what three weapons did it give us?
- **Sharing:** Where have you experienced a 'custom-made' temptation or attack, and how does knowing your authority in Christ change how you face it?
- **Application:** Of the three, offer your body, renew your mind, surrender your will, what is God asking you to lay on the altar, and what's your next step?

CLOSING & PRAYER • ~10 min

Celebrate the group finishing the journey. Remind them what we lose in surrender we gain back as peace, purpose, identity, and freedom, and encourage them to keep walking it out.

Prayer: Thank God for the work He's done over eight weeks, and commission each person as a vessel of honor, ready for His use.

THIS WEEK • ~5 min

Point to the Week 8 video notes, 5-day plan, and journal. Encourage them to decide which practices from the whole series they'll carry forward.

VIDEO NOTES

Fill in the blanks as you watch Session 8.

VESSELS OF HONOR

2 Timothy 2:21 NLT *“If you keep yourself pure, you will be a special utensil for honorable use... ready for the Master to use you for every good work.”*

Value is based on what someone will pay. God sent His Son, who paid the greatest price for you. So He calls you a special utensil for honorable use, and He is refining you.

This role as a vessel will require us to **FIGHT THE ENEMY** and **REORDER OUR LIVES**.

WE HAVE A REAL ENEMY

1 Peter 5:8-9 NIV *“Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.”*

His plan against you is custom-made, not one-size-fits-all. But here’s the good news: we don’t fight FOR victory, we fight FROM victory.

1 John 4:4 KJV *“Greater is He that is in you, than he that is in the world.”*

THREE WAYS TO DEFEAT THE ENEMY

1. We can defeat the enemy by the NAME OF JESUS.

Philippians 2:10 NIV *“At the name of Jesus every knee should bow, in heaven and on earth and under the earth.”*

2. We can defeat the enemy by the WORD OF GOD.

The Word is our offensive weapon: the sword of the Spirit. Jesus resisted Satan in the wilderness by quoting Scripture. If it was good enough for Jesus, it’s good enough for us.

3. We can defeat the enemy by the BLOOD OF THE CROSS.

Revelation 12:11 NKJV *“They overcame him by the blood of the Lamb and by the word of their testimony.”*

HOW DO WE BECOME A VESSEL OF HONOR?

Sanctification is the continual process of being made more holy. It happens inside you. God calls us to participate. These three steps build on one another:

1. OFFER OUR BODIES.

Romans 6:12-14 NLT *“Do not let sin control the way you live... use your whole body as an instrument to do what is right for the glory of God.”*

Habits are easy; discipline is hard. Our ‘why’ must be greater than our flesh. The body is a temple of the Holy Spirit.

2. RENEW OUR MINDS.

Proverbs 23:7 NKJV *“For as he thinks in his heart, so is he.”*

Hebrews 4:12 NKJV *“The word of God is living and powerful...a discerner of the thoughts and intents of the heart.”*

See the lie, speak the truth, seal the promise.

3. SURRENDER OUR WILL.

1 John 2:15-17 ESV *“Do not love the world or the things in the world. If anyone loves the world, the love of the Father is not in him. 16 For all that is in the world—the desires of the flesh and the desires of the eyes and pride of life—is not from the Father but is from the world. 17 And the world is passing away along with its desires, but whoever does the will of God abides forever.”*

DAY ONE

A VESSEL OF HONOR

THEME: GOD VALUES YOU AND IS REFINING YOU FOR HONORABLE USE.

In a wealthy home some utensils are gold and silver, reserved for special occasions, and others are cheap, for everyday use. Scripture says that if you keep yourself pure, you will be a special utensil for honorable use, ready for the Master's work. Value is based on what someone is willing to pay. God paid the greatest price, sending His Son, which is why He compares you to a vessel of honor. He doesn't see you as broken; He sees you as awesome and is making you more so. This calling, to love God and love your neighbor, will require two things: fighting the enemy and reordering your life.

READ

2 Timothy 2:20-21 *"You will be a special utensil for honorable use... ready for the Master to use you."*

Matthew 22:37-39 *"Love the Lord your God... and love your neighbor as yourself."*

Mark 8:36 *"What good is it for someone to gain the whole world, yet forfeit their soul?"*

PRAY

"Father, thank You that You paid the highest price for me and call me a vessel of honor. I don't want to just survive — I want to thrive. Refine me, and ready me for Your use. Amen."

REFLECT

- Do I actually believe I'm valuable to God — a vessel He paid the highest price for?
- My eternity is secure in Christ, but is my daily reality filtered through the truth that God loves me and has a plan for me?
- Where do I need to stop just 'surviving' and start 'thriving' in the life God has for me?

APPLY

Write down one area where you've seen yourself as 'broken' rather than 'being made more awesome' by God. Invite Him into that area today, thanking Him that He calls you a vessel of honor and is refining you on purpose.

DAY TWO

YOU HAVE A REAL ENEMY

THEME: WE FIGHT FROM VICTORY, NOT FOR IT.

We can't walk in freedom without acknowledging that we have a real enemy who wants to destroy us, and we can't manage what we don't understand or confront. Scripture says to be alert: the devil prowls like a roaring lion looking for someone to devour. His scheme against you is custom-made, designed to lure you with exactly what you'd be most tempted by. But here's the good news: greater is He who is in you than he who is in the world.

We can't defeat the enemy on our own, and we don't have to.

We don't fight for victory, we fight from a place of victory.

READ

1 Peter 5:8-9 *"Your enemy the devil prowls around like a roaring lion looking for someone to devour."*

1 John 4:4 *"Greater is he that is in you, than he that is in the world."*

John 10:10 *"The thief comes to steal and kill and destroy; I have come that they may have life."*

PRAY

"Lord, I won't pretend my enemy isn't real, but I won't fear him either. You who are in me are greater than he who is in the world. I stand today from Your victory, not for it. Amen."

REFLECT

- Have I been taking the reality of a spiritual enemy seriously or quietly dismissing it?
- Where do I see a 'custom-made' scheme, a specific, recurring temptation, aimed right at me?
- What changes when I realize I fight FROM victory in Christ, not FOR it?

APPLY

Name the specific temptation or lie the enemy most often uses against you. Then declare 1 John 4:4 out loud over it: "Greater is He who is in me." Face it today from a posture of victory, not fear.

DAY THREE

THREE WEAPONS: NAME, WORD, BLOOD

THEME: YOUR AUTHORITY IS IN THE NAME, THE WORD, AND THE BLOOD.

We have freedom from the lies and schemes of the enemy because of three things. First, the name of Jesus. At His name every knee bows, in heaven, on earth, and under the earth (that's the enemy); we can call on His name and the enemy must flee. Second, the Word of God, our offensive weapon, the sword of the Spirit; when Satan taunted Jesus in the wilderness, He resisted by quoting Scripture, which is why we must know what the Bible says. Third, the blood of the cross, the ultimate defeat of the enemy. We overcome by the blood of the Lamb and the word of our testimony, reminding the enemy of what Jesus already did.

READ

Philippians 2:10 *"At the name of Jesus every knee should bow."*

Matthew 4:1-11 *"Jesus answered the tempter each time: 'It is written...'"*

Revelation 12:11 *"They overcame him by the blood of the Lamb and by the word of their testimony."*

Ephesians 6:10-17 *"Put on the full armor of God... the sword of the Spirit, which is the word of God."*

PRAY

"Jesus, thank You for authority in Your name, Your Word, and Your blood. Teach me to wield them. When the enemy comes with lies, I'll answer with what is written and what You've already won. Amen."

REFLECT

- Of the three: the name, the Word, the blood, which do I lean on least, and why?
- Do I know enough Scripture to actually use it as a weapon when I'm tempted?
- What 'testimony' of what Jesus has done could I declare against the enemy's lies?

APPLY

Pick one lie the enemy uses against you and prepare all three responses: a declaration in Jesus' name, a specific verse to quote, and a reminder of what the cross secured. Write them down and use them the next time that lie comes.

DAY FOUR

OFFER YOUR BODY & RENEW YOUR MIND

THEME: DISCIPLINE THE BODY; LET THE WORD DO SURGERY ON THE MIND.

Reordering our lives is sanctification: being made more holy from the inside, with our participation. First, offer your body: it's where sin functions, and it always wants what it wants, but we don't give it everything it craves. We discipline it, because our 'why' must be greater than our flesh, and our body is a temple of the Holy Spirit. Second, renew your mind: as a person thinks in his heart, so is he; sin begins in the mind, and the Word is a discernor of our thoughts, so we let it do surgery on us. The practice: see the lie, speak the truth, seal the promise. You can't stop birds from flying overhead, but you can stop them from nesting.

READ

Romans 6:12-14 *"Use your whole body as an instrument to do what is right for the glory of God."*

Romans 12:1-2 *"Offer your bodies as a living sacrifice... be transformed by the renewing of your mind."*

Proverbs 23:7 / Hebrews 4:12 *"As he thinks in his heart, so is he"*

"... the word of God is a discernor of the thoughts of the heart."

PRAY

"Lord, my body is Yours. Help me discipline it as an instrument for Your glory. Renew my mind with Your Word; do surgery where my thoughts are contrary to Your truth. I'll see the lie, speak the truth, and seal the promise. Amen."

REFLECT

- Where is my body currently 'making my decisions,' an appetite or habit running the show?
- What recurring lie do I need to confront with the truth of God's Word?
- Am I letting thoughts 'build a nest,' or am I taking them captive as they fly over?

APPLY

Do both today: choose one act of bodily discipline (a fast from something, a healthy habit, saying no to a craving) as worship, and apply "see the lie, speak the truth, seal the promise" to one specific lie you're believing, writing out the matching Scripture.

DAY FIVE

SURRENDER YOUR WILL

THEME: IS GOD'S WILL FOR YOUR LIFE BETTER THAN YOURS?

The body carries out sin, the mind controls the body, but the will controls the mind. The will says, "I stay in control." So here's the big question: do you believe God's will for your life is better than your will for your life? We tend to want to 'pencil God in', to fit His will around our schedule and plans and ask Him to bless what we've already decided. But that's our will, not His. If we truly want God's will, we'll obey God's way, and His perfect will becomes the motivation for our lives. Christ invites us to place our bodies, minds, and wills on the altar, and what we lose in surrender we gain back as peace, purpose, identity, and freedom.

READ

1 John 2:15-17 *"Whoever does the will of God abides forever."*

Luke 22:42 *"Not my will, but yours be done."*

Romans 12:1 *"Offer your bodies as a living sacrifice, holy and pleasing to God — your true worship."*

PRAY

"Father, I believe Your will for me is better than mine. I place my body, my mind, and my will on the altar. Have Your way — and let what I surrender come back as peace, purpose, identity, and freedom. Amen."

REFLECT

- Honestly: do I believe God's will for my life is better than my own? Where is that belief tested?
- Where have I been 'penciling God in' and asking Him to bless my plan rather than seeking His?
- Body, mind, and will. Which is hardest for me to lay on the altar?

APPLY

Name one area where your will and God's may differ. Lay it on the altar today with a spoken prayer of surrender: "Not my will, but Yours." Then choose one obedience that reflects His way over yours — and as you finish the Freedom series, decide which of these eight weeks' practices you'll carry forward.

WEEKLY TRACKER

Check off each day as you complete it. This is the final week, a strong finish to the Freedom journey. What you lose in surrender, you gain back as peace, purpose, identity, and freedom.

- ☐ Day 1 — A Vessel of Honor
- ☐ Day 2 — You Have A Real Enemy
- ☐ Day 3 — Three Weapons: Name, Word, Blood
- ☐ Day 4 — Offer Your Body & Renew Your Mind
- ☐ Day 5 — Surrender Your Will

JOURNAL WEEK EIGHT — VESSELS OF HONOR

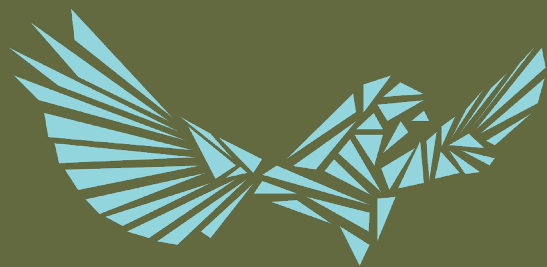
What are you offering to God right now: your body, your mind, or your will? What does surrender look like today?

“Whoever does the will of God abides forever.”
From salvation to the abundant life — you are a vessel of honor.

"I came that
they may have
life, and have it
abundantly."

John 10:10





FREEDOM