

Foundations 5: Experiencing Ongoing Freedom

Are there any updates or follow ups from prayer requests last week? Spend some time checking in with one another.

1. Last week the closing challenge was to consider how to get to know and love your neighbors. How did that go this past week? Anything to celebrate? Share?
2. Read the theme verse of this week: 1 John 1:5-10. What from this passage stood out to you? What from last week's message was meaningful to you and why?

As we consider the practice of experiencing ongoing freedom, we want to spend some time to consider what God might be doing in our lives.

Honesty, Confession, Forgiveness, Amends

3. **Honesty:** Each person, quietly and individually, spend 5 minutes reflecting on Psalm 139:23-24. As you reflect and pray ask, "Lord, is there any grievous way in me?"
4. **Confession:** Read James 5:16. Take note that we confess, to one another, to be prayed for.
 - a. Take some time tonight to not only talk about the passage or the practice of ongoing freedom, but to actually live it. As the leader, go first in honesty and confession:
 - b. What came up as you reflected on Psalm 139? Is there anything you want to be honest about and confess today? After each person shares, be brief, do not fix or counsel, simply offer grace and thanks for sharing. Pray if needed.**
 - c. Continue with honesty and confession if people are willing to share, simply asking, "anyone else". Once it seems those willing to confess have, if time remains you can ask the following questions:
 - d. From the Foundations curriculum (p.140): "Most people talk just enough about what's on the top of the table that no one thinks to ask them about what's under the table. Are there issues in your life you are hiding under the table?" What is the one thing you think you have to take to the grave? Are you willing to share?
5. **Forgiveness:** Is there anything you are struggling to feel forgiven for?
6. Do you find it difficult to forgive others? Or is there someone you are struggling to forgive currently?
7. **Amends:** Are there any amends you may need to make? Consider processing a plan with someone in your group.

Closing Prayer

Remind your group of Romans 8:38-39, and Romans 8:1. We are fully forgiven, fully loved, fully known, and fully accepted in Christ. Let the gospel be the balm to heal any wounds and bring freedom. In Jesus name.