



— ANTIOCH CHRISTIAN CHURCH —

ALIGNED & FREE

— FREEDOM MINISTRY WORKBOOK —

*Walking in the Freedom
Jesus Already Won*

“ So if the Son sets you free,
you will be free indeed. ”

John 8:36



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Welcome to Aligned & Free

Welcome to Aligned & Free, a Freedom Ministry journey designed to help you experience the life of freedom Jesus has already purchased for you.

Jesus declared, **"So if the Son sets you free, you will be free indeed." (John 8:36).**

Freedom is not simply the absence of problems, painful memories, or difficult circumstances. True freedom is living fully under the Lordship of Jesus Christ—walking in His truth, embracing your identity, and experiencing the abundant life He came to give.

Many believers sincerely love Jesus, yet continue to carry fear, shame, guilt, unforgiveness, rejection, unhealthy thought patterns, emotional wounds, and spiritual strongholds that keep them from experiencing the fullness of God's purpose for their lives.

The good news is that Jesus didn't come merely to forgive our sins—He came to make us whole. Through His death, burial, and resurrection, He secured freedom for every area of our lives: our minds, hearts, relationships, and purpose.

Over the next 5 weeks, we will walk together through God's Word as we:

- Build a strong foundation in Christ.
- Replace lies with God's truth.
- Experience freedom through forgiveness.
- Invite God to heal the places that still hurt.
- Learn to live each day in the freedom Christ has given us.

This journey is more than gaining biblical knowledge, it is about experiencing lasting transformation. As you surrender to the Holy Spirit, He will renew your mind, heal your heart, strengthen your faith, and align your life with His purpose.

Our journey concludes with a special Night of Ministry & Activation, a dedicated evening to respond to what God has been doing in you throughout these 5 weeks.

Each session is designed to prepare your heart for this moment. As you study God's Word, complete the reflection exercises, and invite the Holy Spirit to work in your life, He will begin revealing areas where He desires to bring greater freedom and healing.

During our Night of Ministry & Activation, we will intentionally create space for worship, prayer, and personal ministry. Together, we will seek the Lord for healing, freedom, and restoration as we:

- Receive personal prayer and biblical encouragement.
- Release unforgiveness, fear, shame, guilt, and past hurts.
- Receive prayer for healing from father wounds, mother wounds, rejection, grief, and emotional pain.
- Break agreement with lies and embrace God's truth.
- Be strengthened and refreshed by the Holy Spirit.
- Be commissioned to walk confidently in the freedom Jesus has already secured.

Our prayer is that you will complete this journey with:

- A renewed mind anchored in God's truth.
- A healed heart that is free from past wounds.
- A deeper understanding of your identity in Christ.
- Practical tools to remain free every day.
- The confidence to share your testimony and help others discover the freedom found in Jesus.

Thank you for saying "yes" to this journey. We believe God has brought you here for such a time as this. Come with an open heart, a teachable spirit, and great expectation. The God who began a good work in you is faithful to complete it.

"Being confident of this very thing, that He who has begun a good work in you will complete it until the day of Jesus Christ." — Philippians 1:6.

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Week One: Aligned with Christ — Freedom Begins with Jesus

Foundational Scriptures

- **John 8:31–36** – "If the Son therefore shall make you free, ye shall be free indeed."
- **2 Corinthians 5:17** – "If any man be in Christ, he is a new creature..."
- **Colossians 2:6–10** – Walk in Him and be complete in Christ.
- **John 14:30** – "The prince of this world comes, and has nothing in Me."

Key Truth: Freedom is not simply the absence of problems. Freedom is living under the Lordship of Jesus Christ.

Many people are saved but still struggle because while Jesus lives in their heart, He has not yet been allowed to rule every area of their life.

Teaching Point 1: Freedom Begins with a Person, not a Process

Scripture - John 8:36: "If the Son therefore shall make you free, ye shall be free indeed."

Freedom is not found in:

- ⇒ More knowledge
- ⇒ More church attendance
- ⇒ More self-help
- ⇒ Better behavior

Freedom begins with Jesus. But only Jesus breaks the power of sin.

- ⇒ Programs may help.
- ⇒ Counseling may help.
- ⇒ Discipline may help.

Freedom is not something we earn. Freedom is someone we follow.

- ⇒ Jesus didn't simply come to improve your life. He came to become Lord of your life.
- ⇒ As every area comes under His Lordship, every area begins to experience His freedom.

Teaching Point 2: Salvation Opens the Door to Freedom

Scripture - 2 Corinthians 5:17

When we accept Christ:

- a) Our identity changes.
 - b) Our position changes.
 - c) Our eternal destination changes.
- ⇒ But my mind, habits, emotions and relationships still need transformation.
- ⇒ That process is called discipleship.
- ⇒ Salvation changes your spirit immediately.
- ⇒ Transformation changes your life daily.

Teaching Point 3: Alignment Requires Lordship

Scripture - Luke 9:23

Jesus is not simply Savior; He must become Lord.

- ⇒ Alignment means: "I no longer control my life. Jesus does."
- ⇒ Areas often left unsubmitted:
- Relationships
 - Money
 - Thoughts
 - Emotions
 - Habits
 - Past wounds
 - Future plans
- ⇒ Freedom grows wherever Christ rules.

Teaching Point 4: Misalignment Gives the Enemy Access

Scripture - Ephesians 4:27; John 14:30

Jesus said, "The enemy has nothing in Me."

- ⇒ There were no open doors.
- ⇒ No hidden compromises.
- ⇒ No agreement with darkness.
- ⇒ Many believers remain bound because they unknowingly leave doors open through:

- Unforgiveness
- Pride
- Bitterness
- Fear
- Secret sin
- Unhealed trauma

⇒ Freedom often begins by closing the doors.

Teaching Point 5: Jesus Wants Every Area Free

Scripture - 1 Thessalonians 5:23

⇒ God desires freedom for:

- Spirit
- Soul
- Mind
- Emotions
- Body
- Relationships
- Purpose

⇒ Jesus didn't come to only save one part of you. He came to redeem all of you.

Teaching Point 6: Freedom Requires Daily Surrender

Scripture - Romans 12:1-2

Freedom isn't maintained by emotion. It's maintained through surrender.

⇒ Daily we choose to:

- Renew our minds.
- Obey God's Word.
- Reject lies.
- Follow the Holy Spirit.

⇒ Freedom is practiced.

Teaching Point 7: Freedom Leads to Purpose

Scripture - Galatians 5:1; Ephesians 2:10

⇒ God never frees us merely so we can feel better. He frees us so we can live differently.

⇒ Freedom produces:

- Peace
- Joy
- Healthy relationships
- Effective ministry
- Spiritual maturity
- Purpose
- Kingdom impact

⇒ Freedom is never the destination.

⇒ Freedom prepares us for destiny.

Biblical Example: The Woman with the Issue of Blood. Mark 5:25–34

She experienced:

- Physical bondage
- Emotional isolation
- Financial loss
- Religious exclusion
- Social rejection

⇒ Everything changed when she aligned herself with Jesus.

⇒ Notice Jesus didn't simply heal her body. He restored her identity (Daughter).

⇒ Her freedom began with an encounter with Christ.

Closing Truth: Freedom doesn't begin when your circumstances change. It begins when your life comes into alignment with Jesus Christ. The closer you walk with Him, the less room there is for anything that keeps you bound.

Reflection Questions

1. What does freedom mean to you?
2. Have you accepted Jesus as Savior and surrendered to Him as Lord?
3. Are there areas of your life that remain unsubmitted to Christ?
4. What "open doors" may be hindering your freedom?
5. What would your life look like if every area were aligned with Jesus?

Practical Exercise: Personal Alignment Inventory

Quietly ask the Holy Spirit to reveal areas that are not fully aligned with Christ.

Rate each area from **1 (Not Aligned)** to **5 (Fully Aligned)**.

Area	Rating (1–5)
Relationship with God	
Prayer Life	
Thought Life	
Words I Speak	
Emotional Health	
Forgiveness	
Marriage/Relationships	
Purity	
Finances	
Work/Ethics	
Time Management	
Obedience to God	

Complete this sentence: "**Jesus, the area I need to surrender to You most is _____ because _____.**" Then write one practical step you will take this week to begin aligning that area with

Christ.

Weekly Challenge: Walk in Alignment

Each morning this week, pray: "Lord Jesus, today I surrender every area of my life to You. Reveal anything that is out of alignment, give me the courage to obey, and lead me in the freedom You purchased for me. I choose to follow You as both my Savior and my Lord. Amen."

Week Two: Aligned in My Thinking — Breaking the Lies That Keep Me Stuck

Foundational Scriptures

- **Romans 12:2** – "Be transformed by the renewing of your mind..."
- **2 Corinthians 10:3–5** – Taking every thought captive to the obedience of Christ.
- **John 8:31–32** – "You shall know the truth, and the truth shall make you free."
- **Philippians 4:8** – Think on these things.

Key Truth: You cannot consistently live beyond what you consistently believe.

- ⇒ The enemy's greatest weapon is deception.
- ⇒ God's greatest weapon is truth.
- ⇒ Freedom begins when we stop believing lies and start agreeing with God's Word.

Teaching Point 1: Every Battle Begins in the Mind

Scripture - 2 Corinthians 10:3–5

Before the enemy influences our actions, he targets our thoughts.

Strongholds often begin as:

- A repeated thought
- A false belief
- A distorted perspective
- An unresolved wound

If left unchecked:

- Thoughts become beliefs,
- Beliefs shape decisions, and
- Decisions shape our lives.

The battlefield is not first around you—it is within you.

Teaching Point 2: Lies Create Strongholds—Truth Creates Freedom

Scripture - John 8:31–32

Jesus didn't say feelings would make us free. He said truth makes us free.

Common lies believers believe:

- I'm not enough.
- I'll never change.
- God is disappointed with me.
- This is just who I am.
- My past defines my future.
- I'll always struggle.
- Nobody really loves me.

⇒ Every lie believed becomes a prison.

⇒ Every truth embraced becomes a key.

Teaching Point 3: Renewing Your Mind Is a Daily Choice

Scripture - Romans 12:2

⇒ Transformation doesn't happen accidentally.

⇒ We renew our minds by:

- Reading Scripture
- Meditating on God's promises
- Praying consistently
- Guarding what enters our minds

⇒ What repeatedly fills your mind eventually shapes your life.

Teaching Point 4: Identify the Voice You're Believing

Scripture - John 10:27

Every day we hear competing voices:

- God's voice
- Our own emotions
- The opinions of others
- The enemy's accusations

- ⇒ God speaks truth. The enemy speaks condemnation.
- ⇒ Learning to recognize God's voice is essential to walking in freedom.
- ⇒ Ask yourself: "Who told me that?" If it doesn't agree with God's Word, don't agree with it.

Teaching Point 5: Take Every Thought Captive

Scripture - 2 Corinthians 10:5

- ⇒ Not every thought deserves your agreement.
- ⇒ Believers have authority to reject thoughts that contradict God's truth.
- ⇒ Ask these questions:
 - Is it true?
 - Is it biblical?
 - Does it honor Christ?
 - Does it produce faith or fear?
 - Does it lead me toward freedom?
- ⇒ You cannot always stop a thought from coming, but you can choose whether it stays.

Teaching Point 6: Speak God's Truth Over Your Mind

Scripture - Proverbs 18:21; Romans 10:17

- ⇒ What you repeatedly confess reinforces what you believe.
- ⇒ Replace lies with biblical declarations.
 - Instead of "I'm hopeless." Declare: "I have the mind of Christ."
 - Instead of: "I'll never change." Declare: "He who began a good work in me will complete it."
- ⇒ Speak God's Word until it becomes your normal way of thinking.

Teaching Point 7: A Renewed Mind Produces a Transformed Life

Scripture - Philippians 4:8

- ⇒ Healthy thinking produces healthy living.
- ⇒ When our minds align with Christ, we begin to:
 - Respond instead of react.

- Walk by faith instead of fear.
- Trust instead of worry.
- Forgive instead of holding grudges.
- Live with hope instead of despair.

⇒ Your life follows the direction of your thoughts.

Closing Truth: Freedom begins when your thinking changes. Every lie you reject and every truth you embrace moves you one step closer to the life God has prepared for you. A mind aligned with Christ becomes a life transformed by Christ.

Biblical Example: The Twelve Spies. Numbers 13–14

All twelve spies saw the same land.

- Ten focused on the giants. Two focused on God's promise.
- The difference wasn't what they saw—it was what they believed.
- The ten spies believed fear, spoke fear, and remained in bondage.

⇒ Joshua and Caleb believed God's promise, spoke faith, and entered the Promised Land.

⇒ Their mindset determined their outcome.

Reflection Questions

1. What lie have you believed about yourself, your past, or your future?
2. How have those beliefs influenced your decisions?
3. What truth from God's Word challenges that lie?
4. Which voice do you listen to most—God's, your emotions, others, or the enemy?
5. What thought pattern do you need to surrender to Christ today?

Practical Exercise - Lie vs. Truth Inventory About Myself

Write down one lie you've believed in each area. Then write the Scripture that replaces that lie with God's truth. Read God's truth aloud every day this week until your thinking begins to align with His Word.

You cannot consistently live beyond what you consistently believe. When you replace lies with God's truth, your life begins to align with His purpose.

The goal is to identify the lie, replace it with God's truth, and renew your mind with Scripture.

Replace the Lie with God's Truth

- ⇒ **One of the enemy's primary strategies is deception (John 8:44).**
- ⇒ **Freedom comes as we identify lies and intentionally replace them with the truth of God's Word.**

Example:

The Lie I Believe	God's Truth	Scripture
I'm not enough.	God's grace is sufficient for me.	2 Corinthians 12:9
God could never use me.	I am God's workmanship, created for good works.	Ephesians 2:10
I'll never change.	God is transforming me into Christ's image.	2 Corinthians 3:18
My past defines me.	I am a new creation in Christ.	2 Corinthians 5:17
I'm all alone.	God will never leave or forsake me.	Hebrews 13:5
I have to earn God's love.	I am saved by grace through faith.	Ephesians 2:8-9
I'll never be forgiven.	If I confess my sins, He forgives me.	1 John 1:9
I'll always struggle with this.	Sin no longer has dominion over me.	Romans 6:14
God is disappointed in me.	There is no condemnation in Christ.	Romans 8:1
I have no purpose.	God has prepared good works for me.	Ephesians 2:10

My Personal Lie:

The lie I struggle with most:

God's Truth:

Scripture:

"The lie I need to stop believing is _____. God's truth says _____. This week I will choose to believe His truth by _____."

Weekly Challenge: Think in Agreement with God

Each morning pray: "Father, renew my mind with Your truth today. Help me recognize every lie that has kept me bound and give me the courage to reject it. Teach me to think, speak, and respond according to Your Word. Let my mind be aligned with Christ so my life reflects Your freedom. In Jesus' name, Amen."

Week Three: Aligned in My Heart — Freedom Through Forgiveness

Foundational Scriptures

- **Ephesians 4:31–32** – "Be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you."
- **Matthew 6:14–15** – "For if ye forgive men their trespasses, your heavenly Father will also forgive you."
- **Colossians 3:13** – "Forgive as the Lord forgave you."
- **Matthew 18:21–35** – The Parable of the Unforgiving Servant.

Key Truth: Forgiveness is not excusing what happened. It is releasing the offense into God's hands so your heart can be free.

Unforgiveness keeps us connected to our pain. Forgiveness allows us to move forward with God's peace.

Teaching Point 1: Forgiveness Is God's Command, Not Just His Suggestion

Scripture - Ephesians 4:31–32

- ⇒ God calls every believer to forgive. Not because people deserve it but because we have been forgiven.
- ⇒ Forgiveness reflects the heart of Christ.
- ⇒ It is one of the greatest evidences of spiritual maturity.
- ⇒ Forgiveness is an act of obedience before it becomes an emotion.

Teaching Point 2: Unforgiveness Creates Bondage

Scripture - Hebrews 12:14–15

- ⇒ Bitterness never stays contained, it grows.
- ⇒ Unforgiveness can produce:
 - Anger
 - Anxiety
 - Resentment
 - Broken relationships
 - Emotional exhaustion
 - Spiritual distance from God

- ⇒ The person you refuse to forgive may no longer control your life but unforgiveness still can.
- ⇒ Bitterness poisons the person carrying it.

Teaching Point 3: Forgiveness Is Releasing the Right to Get Even

Scripture - Romans 12:19

- ⇒ Forgiveness says: "God, I trust You to handle what was done to me."
- ⇒ Forgiveness does not deny justice.
- ⇒ Forgiveness transfers justice to the righteous Judge so you no longer carry the burden of revenge.
- ⇒ God can deal with people far better than we ever could.

Teaching Point 4: Forgiveness Is Not the Same as Reconciliation

Scripture - Romans 12:18

- ⇒ Forgiveness is always required.
- ⇒ Reconciliation requires:
 - Repentance
 - Honesty
 - Trust
 - Wisdom
 - Healthy boundaries
- ⇒ You can forgive someone who never apologizes.
- ⇒ You can release someone without restoring the relationship to its previous level.
- ⇒ Forgiveness frees your heart. Wisdom protects your future.

Teaching Point 5: Forgiveness Brings Healing

Scripture - Isaiah 61:1–3; Psalm 147:3

- ⇒ As we forgive:
 - Our hearts soften.
 - Peace increases.
 - Joy returns.

- Emotional healing begins.
 - God's comfort replaces our pain.
- ⇒ Forgiveness doesn't erase the memory. It removes the power the memory has over your life.
- ⇒ Healing often begins where forgiveness begins.

Teaching Point 6: Forgiveness Is a Lifestyle

Scripture - Matthew 18:21–22

Peter asked Jesus, "How many times should I forgive?" Jesus answered, "Seventy times seven."

- ⇒ Jesus wasn't giving a number. He was teaching a lifestyle.
- ⇒ Offenses will come.
- ⇒ Believers choose forgiveness repeatedly because we choose Christ repeatedly.
- ⇒ Forgiveness is not a one-time decision, it is often a daily surrender.

Teaching Point 7: Forgiven People Become Free People

Scripture - Colossians 3:13; Galatians 5:1

- ⇒ When we walk in forgiveness:
- We experience greater peace.
 - Our relationships become healthier.
 - We hear God's voice more clearly.
 - We stop living in the past.
 - We become more like Jesus.
- ⇒ Freedom grows wherever forgiveness flows.
- ⇒ The person who forgives is often the person who experiences the greatest healing.

Closing Truth: Forgiveness does not change the past, but it changes your future. When you release the offense, you release yourself. The chains of unforgiveness are broken when you choose to forgive as Christ has forgiven you.

Biblical Example: Joseph Forgives His Brothers. Genesis 45:1–15; Genesis 50:15–21

- ⇒ Joseph had every human reason to remain bitter.
- ⇒ His brothers:

- Betrayed him.
- Sold him into slavery.
- Lied about his death.
- Caused years of suffering.

- ⇒ Yet when God elevated Joseph, he chose mercy instead of revenge.
He declared: "Ye thought evil against me; but God meant it unto good." (*Genesis 50:20*)
- ⇒ Joseph understood that forgiveness allowed him to move forward into God's purpose instead of remaining trapped in yesterday's pain.

Reflection Questions

1. Is there someone you have struggled to forgive?
2. What has unforgiveness cost you emotionally, spiritually, or relationally?
3. Have you confused forgiveness with trust or reconciliation?
4. What fear makes forgiveness difficult for you?
5. What freedom could you experience if you released that offense to God today?

Practical Exercise: The Release List

Ask the Holy Spirit to reveal anyone you need to forgive.

Write their name (or initials if preferred) and answer the questions below.

PERSON WHAT HAPPENED? WHAT DO I NEED TO RELEASE TO GOD?

Prayer of Release. Pray over each name:

"Father, by faith I choose to forgive _____. I release this offense into Your hands. I surrender my desire for revenge and trust You to bring justice in Your way and in Your time. Heal my heart and help me walk in the freedom Christ purchased for me. Amen."

Complete the sentence: "Forgiveness feels difficult because _____. Today I choose to forgive because Christ has forgiven me, and I want to live in freedom."

Daily Forgiveness Challenge - For the next seven days:

- Pray daily for the person who hurt you.
- Refuse to rehearse the offense.
- Replace bitterness with a blessing whenever that person's name comes to mind.
- Read Ephesians 4:31–32 each day.
- Thank God for the freedom that comes through forgiveness.

Weekly Challenge: Choose Freedom Through Forgiveness

Each morning pray: "Father, thank You for forgiving me through Jesus Christ. Today I choose to extend that same grace to others. Help me release every offense, every hurt, and every disappointment into Your hands. Heal my heart, strengthen my faith, and let forgiveness become a way of life. I choose freedom over bitterness and peace over resentment. In Jesus' name, Amen."

Week Four: Aligned in My Heart — Healing What Still Hurts

Foundational Scriptures

- **Proverbs 4:23** – "Keep thy heart with all diligence; for out of it are the issues of life."
- **Ezekiel 36:26** – "A new heart also will I give you..."
- **Psalms 147:3** – "He healeth the broken in heart..."
- **Matthew 12:34–35** – "Out of the abundance of the heart the mouth speaketh."

Key Truth: You cannot live free if your heart remains wounded. God doesn't simply change behavior; He heals the heart.

- ⇒ Many believers love Jesus but still react from unhealed places.
- ⇒ Freedom comes when we allow Christ to heal what life has wounded.

Teaching Point 1: The Heart Directs Your Life

Scripture - Proverbs 4:23

The Bible refers to the heart as the center of our:

- Thoughts
 - Emotions
 - Desires
 - Decisions
 - Beliefs
- ⇒ Everything flows from the condition of the heart.
 - ⇒ A healthy heart produces healthy living.
 - ⇒ A wounded heart produces wounded responses.
 - ⇒ Guarding your heart means protecting what shapes your inner life.

Teaching Point 2: Wounded Hearts Produce Unhealthy Fruit

Scripture - Matthew 12:34–35

What remains in the heart eventually appears in our lives.

- ⇒ Unhealed hearts often produce:
 - Anger

- Fear
- Insecurity
- Distrust
- Jealousy
- Bitterness
- Isolation

⇒ People often react to today's situations because of yesterday's wounds.
 ⇒ Jesus wants to heal the root not just manage the fruit.

Teaching Point 3: Jesus Heals the Brokenhearted

Scripture - Psalm 147:3; Luke 4:18

⇒ Jesus came not only to forgive sin but also to heal broken hearts.
 ⇒ He understands:

- Rejection
- Betrayal
- Abandonment
- Grief
- Disappointment
- Injustice

⇒ No wound is beyond His ability to heal.
 ⇒ Healing begins when we honestly bring our pain to Him.

Teaching Point 4: Unforgiveness Keeps Us Bound

Scripture - Ephesians 4:31–32; Colossians 3:13

⇒ Forgiveness is not saying what happened was acceptable.
 ⇒ Forgiveness is releasing the offense into God's hands.
 ⇒ Unforgiveness imprisons the one who refuses to let go.
 ⇒ Choosing forgiveness:

- Releases bitterness.

- Restores peace.
- Closes doors to the enemy.
- Creates room for healing.

⇒ Forgiveness is an act of obedience before it becomes a feeling.

Teaching Point 5: God Gives Us a New Heart

Scripture - Ezekiel 36:26

⇒ God doesn't simply patch our broken hearts. He transforms them.

⇒ He replaces:

- Hardness with tenderness.
- Fear with faith.
- Bitterness with compassion.
- Hopelessness with hope.

⇒ Transformation happens as we continually surrender our hearts to Him.

Teaching Point 6: Healing Changes How We Love Others

Scripture - 1 John 4:19

⇒ Healed people love differently.

⇒ As God heals our hearts, we become more able to:

- Trust wisely.
- Extend grace.
- Build healthy relationships.
- Respond with patience.
- Love without fear.

⇒ You cannot consistently give what you have not first received.

⇒ God's healing equips us to love like Christ.

Teaching Point 7: A Healed Heart Leads to Lasting Freedom

Scripture - 2 Corinthians 5:17; Philippians 1:6

⇒ Healing is a journey, not a one-time event.

⇒ As Christ heals our hearts, we begin to:

- Respond instead of react.
- Love instead of fear.
- Trust instead of control.
- Serve instead of withdraw.
- Hope instead of despair.

⇒ Freedom becomes evident when our hearts begin to reflect the character of Christ.

Biblical Example

Joseph Chooses Healing Over Bitterness

Genesis 37; Genesis 45; Genesis 50:15–21

Joseph experienced:

- Rejection by his brothers.
- Betrayal.
- Slavery.
- False accusations.
- Imprisonment.

Yet Joseph refused to allow his wounds to define him.

Instead of seeking revenge, he chose forgiveness.

He declared: "**Ye thought evil against me; but God meant it unto good.**" (Genesis 50:20)

Joseph's healed heart allowed him to fulfill God's purpose and become a source of blessing to others.

Closing Truth: Freedom is not found in pretending the pain never happened. Freedom comes when Jesus heals what the pain left behind. A heart aligned with Christ becomes a heart that is whole, healthy, and free.

Reflection Questions

1. What past hurt still influences your present?
2. Are there people you need to forgive?

3. What emotions do you find yourself struggling with most often?
4. How has God been inviting you toward healing?
5. What would change if your heart were completely surrendered to Christ?

Practical Exercise - Heart Inventory

Prayerfully ask the Holy Spirit to examine your heart.

Rate each area from **1 (Needs Healing)** to **5 (Healthy and Growing)**.

Area	Rating (1-5)
-------------	---------------------

Forgiveness	
-------------	--

Trust in God	
--------------	--

Peace	
-------	--

Anger	
-------	--

Fear	
------	--

Bitterness	
------------	--

Self-Worth	
------------	--

Relationships	
---------------	--

Emotional Health	
------------------	--

Compassion for Others	
-----------------------	--

Complete this sentence:

**"The area of my heart that needs God's healing most is _____ because _____.
This week I will cooperate with God's healing by _____."**

Daily Heart Healing Challenge

For the next seven days:

- Spend 10 minutes each day in quiet prayer, inviting God to search your heart.
- Read one Scripture about God's love and healing.

- Pray for someone who has hurt you.
- Write one thing each day for which you are grateful.
- Ask God daily to replace hurt with His peace.

Weekly Challenge: Guard and Surrender Your Heart

Each morning pray: **"Father, search my heart and reveal anything that is keeping me from walking in freedom. Heal every wound, remove every root of bitterness, and fill me with Your peace. Help me to forgive as You have forgiven me and to love with the heart of Christ. Align my heart with Yours so I can live in true freedom. In Jesus' name, Amen."**

Week Five: Aligned to Live Free — Walking in Freedom Every Day

Foundational Scriptures

- **Galatians 5:1** – "Stand fast therefore in the liberty wherewith Christ hath made us free..."
- **John 8:36** – "If the Son therefore shall make you free, ye shall be free indeed."
- **2 Corinthians 3:17** – "Where the Spirit of the Lord is, there is liberty."
- **Philippians 1:6** – "He who began a good work in you will carry it on to completion."

Key Truth: Freedom is not merely something Jesus gives, it is a life He invites us to live every day.

⇒ Freedom is maintained by continually aligning our hearts, minds, words, and lives with Jesus Christ.

Teaching Point 1: Freedom Is Your New Identity

Scripture - 2 Corinthians 5:17; Galatians 2:20

⇒ Freedom begins with understanding who you are.

⇒ You are no longer defined by:

- Your past
- Your mistakes
- Your wounds
- Your failures
- Your addiction
- Your family history

⇒ You are defined by Christ.

⇒ You don't fight for victory. You fight from victory.

⇒ Identity always shapes behavior.

Teaching Point 2: Freedom Requires Daily Alignment

Scripture - Luke 9:23; Romans 12:1–2

⇒ Freedom is sustained through daily surrender.

⇒ Every day we choose to:

- Follow Christ.
- Renew our minds.
- Guard our hearts.
- Obey God's Word.
- Walk in the Spirit.

⇒ Alignment is not an event; it is a lifestyle.

Teaching Point 3: Stay Connected to the Holy Spirit

Scripture - Galatians 5:16; John 16:13

The Holy Spirit empowers us to remain free. He:

- Convicts
- Guides
- Comforts
- Strengthens
- Corrects
- Produces spiritual fruit

⇒ We overcome temptation not through willpower alone but by walking with the Holy Spirit.

Teaching Point 4: Guard the Doors of Your Life

Scripture - Proverbs 4:23; Philippians 4:8

Protect what influences your:

- Mind
- Heart
- Relationships
- Conversations
- Entertainment
- Habits

- ⇒ Freedom grows where healthy boundaries exist.
- ⇒ Every open door should honor Christ.

Teaching Point 5: Live from Your Identity, Not Your Emotions

Scripture - Romans 8:14–17

- ⇒ Your feelings change. God's truth does not.
- ⇒ There will be days when you don't feel free.
- ⇒ Choose to believe God's Word above your emotions.
- ⇒ Faith says, "I may not feel victorious today but Christ says I already am."

Teaching Point 6: Your Freedom Is Meant to Bless Others

Scripture - Matthew 5:16; 2 Corinthians 1:3–4

- ⇒ God never intended freedom to stop with you.
- ⇒ Your testimony becomes:
 - Someone else's hope.
 - Someone else's encouragement.
 - Someone else's reminder that God still delivers.
- ⇒ Freely you have received. Freely give.

Teaching Point 7: Keep Walking Forward

Scripture - Philippians 3:13–14; Galatians 5:1

Freedom is a journey.

- ⇒ There may still be challenges. There may still be temptations. But you no longer walk alone.
- ⇒ Don't return to old patterns.
- ⇒ Don't return to old labels.
- ⇒ Keep moving toward Christ.
- ⇒ The best evidence of freedom is not perfection. It is perseverance.

Closing Truth: Freedom is not the finish line—it is the starting point for a transformed life. When your life is aligned with Christ, your mind is renewed by His truth, your heart is healed by His love, your identity is rooted in His grace, and your future is directed by His purpose. Live every day as the free person Jesus has already declared you to be.

Biblical Example: The Delivered Demoniac. Mark 5:1–20

This man was once:

- Bound.
- Isolated.
- Tormented.
- Out of control.
- Living among the tombs.

After encountering Jesus:

- He was clothed.
- In his right mind.
- Sitting at Jesus' feet.
- Commissioned to tell others what God had done.

His identity completely changed. His freedom became his testimony. Jesus didn't simply set him free. He gave him a new purpose.

Reflection Questions

1. What has God shown you throughout this Freedom series?
2. Where have you experienced the greatest growth?
3. What habits will help you remain aligned with Christ?
4. Which area still requires daily surrender?
5. How can your testimony encourage someone else to pursue freedom?

**"Because of what Christ has done in my life, I now choose to live free by _____.
The greatest truth I am taking from this study is _____."**

Weekly Challenge: Live Free Every Day

Each morning pray: "Father, thank You for setting me free through Jesus Christ. Help me remain aligned with You in my thoughts, my heart, my words, and my actions. Remind me daily of who I am in Christ. Strengthen me through Your Holy Spirit to walk in obedience, resist temptation, and live as a faithful witness of Your grace. May my life reflect the freedom You have given me and bring glory to Your name. In Jesus' name, Amen."

EXERCISE: Scriptures About My Identity "I Am..."

One of the greatest keys to walking in freedom is believing what God says about you instead of what your past, your feelings, or other people have said.

As you read each Scripture, don't simply read the words—allow God's truth to renew your mind, heal your heart, and strengthen your identity in Christ.

For each identity statement:

1. Read the Scripture slowly and prayerfully.
2. Reflect on what this truth reveals about who God says you are.
3. Receive it as God's personal promise to you.
4. Circle or highlight the identity statement that speaks to you most today.
5. Write your favorite identity statement and explain why it is especially meaningful at this point in your journey.
6. Declare each statement aloud. As you do, remember you are agreeing with what God says about you—not with your feelings, your past, or the opinions of others.

Identity Statements

- I Am Accepted — Romans 8:1
- I Am Loved — Romans 5:8
- I Am Chosen — 1 Peter 2:9
- I Am Forgiven — Ephesians 1:7
- I Am Redeemed — Colossians 1:13–14
- I Am Made New — 2 Corinthians 5:17
- I Am More Than a Conqueror — Romans 8:37

My Favorite Identity

Statement:

Why is this identity especially meaningful to me today?

Which identity statement gives me the greatest hope? Why?

What have I learned about who I am in Christ?

What truth has become real to me during this study?

What lie or unhealthy pattern has God begun to break in my life?

What relationship or area of my life still needs God's healing and freedom?

Listening Prayer to Jesus...

What do You want me to know about who I am?

Spend a few quiet moments in God's presence. Ask Jesus this question and listen with an open heart. As the Holy Spirit brings Scriptures, biblical truths, or gentle reminders of His love and identity to your mind, write them below.

Don't worry about writing the "perfect" answer. Simply record what you sense the Lord reminding you about who you are as His beloved child. His voice will always agree with His Word.

Closing Prayer: Father, thank You that my identity is found in Christ alone. Help me believe what You say about me more than what I feel, what others have said, or what my past tries to remind me of. Renew my mind with Your truth, establish my heart in Your love, and teach me to live each day as Your accepted, loved, chosen, forgiven, redeemed, and victorious child. Thank You that I am who You say I am. In Jesus' name, Amen.

MY ACTIVATION NIGHT JOURNAL: Night of Ministry & Activation

"Forget the former things; do not dwell on the past. See, I am doing a new thing!"

Isaiah 43:18–19

Tonight is an opportunity to pause, reflect, and respond to what the Holy Spirit is doing in your life. This is not about trying to manufacture an experience, it is about recognizing and recording God's work in your heart.

Take your time. Write honestly. There are no right or wrong answers. This journal is a testimony of God's faithfulness and a reminder of the freedom He is producing in your life.

BEFORE WE BEGIN

Lord, I come tonight expecting You to...

The area of my life where I need God's freedom most is...

WHAT IS THE HOLY SPIRIT SAYING?

During worship or prayer, what did you sense the Lord speaking to your heart?

What Scripture, word, picture, or thought stood out to you?

WHAT IS GOD HEALING?

What burden did you surrender to Jesus tonight?

- ☐ Fear
- ☐ Shame
- ☐ Guilt
- ☐ Rejection
- ☐ Unforgiveness
- ☐ Anger
- ☐ Bitterness
- ☐ Anxiety
- ☐ Control
- ☐ Grief
- ☐ Father Wounds
- ☐ Mother Wounds
- ☐ Other: _____

What do you believe God is healing or restoring in your life?

WHAT AM I LEAVING HERE?

Today I choose to release...

WHAT AM I RECEIVING?

Today I receive...

- ☐ Peace
- ☐ Joy
- ☐ Freedom
- ☐ Healing
- ☐ Hope
- ☐ Forgiveness
- ☐ Confidence
- ☐ Identity
- ☐ Love
- ☐ Purpose
- ☐ Restoration
- ☐ Other: _____

What does receiving this mean for my life?

MY PERSONAL PRAYER

Write a prayer to the Lord about what happened in your heart tonight.

MY NEXT STEP

Because of what God has done tonight, I will...

MY DECLARATION

Complete these statements.

Tonight I believe God showed me...

I am no longer...

I now choose to...

The truth I will walk in is...

My Testimony: Your Story Matters

Your testimony is one of the most powerful ways God can encourage others and bring Him glory. You don't need a dramatic story to have a meaningful testimony. Every life transformed by Jesus is a testimony of His grace.

As you complete this exercise, be honest, specific, and focus on what Jesus has done and continues to do in your life. Your testimony doesn't have to be perfect—it simply needs to point people to Christ.

Use the prompts below to help you tell your story.

Before Jesus: Briefly describe what your life was like before you surrendered your life to Christ. What struggles, fears, beliefs, or circumstances were shaping your life?

How I Met Jesus: Share how you came to know Jesus as your Savior and Lord. Was there a specific moment, season, or person God used to draw you to Him? What led you to place your faith in Christ?

What Jesus Has Changed: Describe the transformation you have experienced. How has Jesus changed your heart, your thinking, your relationships, your priorities, or your outlook on life? Celebrate the ways He has brought healing, freedom, peace, hope, or purpose.

What God Is Still Doing: Your testimony is still being written. What is God continuing to teach, heal, strengthen, or transform in your life? Share an area where you are still growing and trusting Him.

Who Can I Share My Story With? Ask the Holy Spirit to place someone on your heart who needs encouragement. Write the name of one person with whom you can prayerfully share your testimony in the coming days or weeks. Remember, your story may be the very thing God uses to point someone to Jesus.

Your testimony is not about how great your past was or how difficult your journey has been. It is about how faithful God has been. Never underestimate the power of your story. When you share what Christ has done in your life, you remind others that the same God who brought freedom, healing, and hope to you can do the same for them.

"Let the redeemed of the Lord tell their story..." — Psalm 107:2 (NIV)

CLOSING PRAYER: Father, thank You for meeting me here tonight. Thank You for speaking to my heart, revealing Your truth, and reminding me that freedom is found in Jesus Christ. I surrender everything You have revealed and receive everything You desire to give me. Help me continue walking in the freedom, healing, and purpose You have begun in my life. Seal what You have done by Your Holy Spirit and let my life become a testimony of Your grace and transforming power. In Jesus' name, Amen.

Freedom Commitment

Because of what God has done in my life tonight, I commit to walking in the freedom Christ has given me. I will continue to renew my mind with God's Word, guard my heart, forgive as I have been forgiven, and depend on the Holy Spirit each day. I choose to live aligned with Christ and free in Him.

Signature: _____

Date: _____