



**Christ Church
Sermon Series
Discussion Guide**

Designed - Part 4 - Pastor Jeffrey Kent "Designed to be Free"

True freedom is knowing exactly how you were designed and being able to walk in it.

True freedom is not just doing what we love. It is doing what we love as long as what we love to do is also what we have been **designed to do**.

"12 And I want you to know, my dear brothers and sisters, that everything that has happened to me here has helped to spread the Good News. 13 For everyone here, including the whole palace guard, knows that I am in chains because of Christ. 14 And because of my imprisonment, most of the believers here have gained confidence and boldly speak God's message without fear."

Philippians 1:12-15 NLT

Paul's faith had matured to the point that he determined within himself that he wouldn't be controlled by what was happening to him. He would not be held in bondage by the negative things of this world.

"19 For I know that as you pray for me and the Spirit of Jesus Christ helps me, this will lead to my deliverance. 20 For I fully expect and hope that I will never be ashamed, but that I will continue to be bold for Christ, as I have been in the past. And I trust that my life will bring honor to Christ, whether I live or die."

Philippians 1:19-20 NLT

"21 For to me, living means living for Christ, and dying is even better. 22 But if I live, I can do more fruitful work for Christ. So I really don't know which is better. 23 I'm torn between two desires: I long to go and be with Christ, which would be far better for me. 24 But for your sakes, it is better that I continue to live."

Philippians 1:21-24 NLT

God is far more interested in setting your mind free than changing your circumstances.

God is more interested in tearing down the barriers, the strongholds, in your thoughts than removing inconveniences and challenges in your everyday life. Why? Because we are often more consumed with our surroundings than our souls.

Getting what we want externally but living in bondage internally will never lead to spiritual freedom.

FREED FROM SPIRITUAL TORMENT.

The enemy uses pain in our lives – past hurts, past mistakes, and past traumas to place strongholds into our minds. These are camps that he sets up to continually feed you lies about who you are and who God is.

How do we fight spiritual torment? The Bible says we may be human, but we don't wage war as humans do, we use God's mighty weapons to knock down strongholds of our minds, to destroy every false argument the enemy throws at us.

FREED FROM BEING THE AUTHOR OF MY STORY.

God this is your story. I release my grip on trying to plan and control everything and give you free rein to use me to bring glory to you.

FREED FROM MY OLD SELF.

"Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect."

Romans 12:2 NLT

God wants to free you by transforming you. How? By changing the way you think...by changing the patterns of your mind.

"Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come."

2 Corinthians 5:17 ESV

If you want to see freedom, if you want to see joy, if you want to see purpose, you have to let God transform you. You have to let Him save you from you.

Small Group Discussion Questions:

1. What part of the message resonated with you the most?
2. What is true freedom and how do I experience it?
3. Do you consider yourself valuable? In what ways does the enemy attack you because of how valuable you are?
4. Does freedom in Christ mean that we are free to do anything we want to do?
5. Have you ever been guilty of "doing what you want no matter what"? What were the specific consequences for these actions?
6. Have you ever been more bold in your faith because you saw a fellow believer experience something really hard/difficult? Explain how your faith was deepened.
7. Why does the enemy want to keep us in fear?
8. When freedom is spoken of in the Bible, what type of freedom is it usually referring to? Does being free mean you will not suffer heart ache or physical pain?
9. How can Paul say that he is free even though he is in prison? What good came out of Paul being imprisoned?
10. Are you walking in how God designed you to walk? Do you do whatever you want to do or what God wants you to do? Are you chasing freedom in the flesh, or spirit?
11. What are some of the strongholds you often battle in your mind? How would life be different if you rebuked them and gave up control to God?
12. When have you ever experienced a "settling of your mind" rather than a change in your circumstances? How did this affect your circumstances for the better?
13. Why is it sometimes scary to give up control in certain areas of our life to God?
14. How do I fight spiritual torment and stay in a state of joy despite attacks on my mind or circumstances?
15. Have you given God complete control of your life? What do I need to give up today to be counted as a disciple of Christ?