



# KEYS TO FREEDOM

## TEACHING SERIES

### SESSION GUIDE

What is Freedom?



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## SESSION 1: WHAT IS FREEDOM? Teaching Outline

### Branches – \_\_\_\_\_

Some common unhealthy branches (behaviors):

- Inability to commit to relationships, a church, job, etc.
- Lack of healthy boundaries
- People-pleasing behaviors
- Workaholism
- Promiscuity
- Comparison and feeling threatened by others' success
- Aggressive / intimidating behaviors
- Isolation
- Manipulation
- Codependency
- Emotional instability
- Insecurity

More serious “life-controlling” branches (behaviors) can include:

- Addiction (alcohol, drugs, pornography, social media, work, video games, etc.)
- Self-harm
- Depression
- Anxiety disorders and panic attacks (insomnia, obsessive compulsive disorder)
- Eating disorders

Most people think the branches are the problem, but they're really just BAD solutions to a deeper problem.

### Trunk – \_\_\_\_\_

Some common unhealthy beliefs (trunk):

- I am unlovable.
- God hates me.
- No one can be trusted.
- I am unworthy.
- God doesn't hear me.
- I am stupid.
- Everyone is out to hurt me.
- God has abandoned me.



### Roots – the \_\_\_\_\_

These roots might draw their power from circumstances like divorce, the loss of a loved one, a neglectful parent, being bullied, long term sickness, or mental / spiritual / sexual / physical trauma.

Some common, unhealthy roots could include:

- Abandonment
- Rejection
- Worthlessness
- Shame
- Fear
- Pride
- Bitterness
- Despair

\_\_\_\_\_ is not the answer; it is only an outward change, not an inward transformation.

**“What sorrow awaits you teachers of religious law and you Pharisees. Hypocrites! For you are so careful to clean the outside of the cup and the dish, but inside you are filthy—full of greed and self-indulgence! You blind Pharisee! First wash the inside of the cup and the dish, and then the outside will become clean, too.”**  
**Matthew 23:25-26 (NLT)**

Our goal is to grow in an intimate relationship with Jesus, who is the only One that can bring healing and transformation at a root level.



## WHAT IS FREEDOM? Personal Reflection

Take some time to consider the tree of your life. Try to identify one or two branches, one or two roots, and any faulty beliefs that may be part of your “trunk.” Write them on the tree below. Don’t overwhelm yourself by trying to identify them all but remember that healing comes in layers. God will often do a deep work in us and then lead us to our next layer of healing. Allow yourself to only write down the branches and roots that immediately come to mind.

*NOTE: It may be easier to identify “branch issues” in your life that you want to overcome than it is to identify the roots under those issues. You may want to ask God, “Where did this start? When did I first learn to respond to life in this way?”*





Throughout this series, you will have the opportunity to examine your behaviors, rebuild your belief system with what God's Word says, and receive healing for the pain that enabled those roots to grow. We are going to teach you how to expose the root causes of your behaviors through a partnership with the Holy Spirit. As you focus on the root system in your life instead of the branches, you will have the opportunity to truly overcome in a whole new way.

Now that you have identified some areas on your own tree, spend some time in prayer before you close your time of reflection. Use the space below to ask the Lord to help you in the process of finding freedom in any areas that you have identified. Commit this series to Him and open your heart to all that He has in store for you.