



**KEYS TO FREEDOM**  
TEACHING SERIES

**LEADER GUIDE**



P.O. Box 111060  
Nashville, TN 37222-1060  
(Ph) 615.831.6987  
[MercyMultiplied.com](http://MercyMultiplied.com)



# KEYS TO FREEDOM | TEACHING SERIES

## SESSION 1: WHAT IS FREEDOM?



### PREP

1. Download and print copies of both the “What is Freedom?” Teaching Outline and Personal Reflection for each group member (found in Session Guide).
2. Spend some time in prayer asking the Lord to open the hearts and minds of your group members to receive all He has for them in this week’s session. Ask God to show each group member the root issues He wants to address in their lives.
3. Prep your meeting room as needed.
4. Have the “What is Freedom?” video ready for viewing and handouts and pens ready to distribute.



### BEFORE VIDEO

***If this is the first time this specific group of people has gathered, allow time for each person to introduce themselves at the beginning of your meeting.***

***Give each group member a copy of the “What is Freedom?” Teaching Outline.***

***Share this with your group:*** In this Keys to Freedom series, we will discover together the keys for living free and staying free in Jesus Christ. Each week, we will view a video teaching together followed by group discussion. At the end of each session, I will provide a personal reflection exercise based on the teaching that week to take home with you. I strongly encourage you to complete the personal reflection exercise each week; it will take about 30 minutes. The keys to freedom we’ll be learning together are useless if we don’t know how to apply them to our lives!

These principles of freedom can truly change your life, set you free, and help you become all God is calling you to be. But you must use them. The journey to deeper levels of freedom and healing is an ongoing process, and the keys outlined in this series will give you practical principles for walking out this process. Our first two sessions will cover ideas that are foundational for the rest of this series. In today’s teaching, we’ll be asking the question, WHAT IS FREEDOM?



In your Viewer Guides for each teaching, you will find fill-in-the-blank outlines. The words you need will appear on the screen during the teachings. If you miss any blanks, I can provide those words after we watch the teaching.



## WATCH “WHAT IS FREEDOM?” VIDEO TEACHING



## AFTER VIDEO

Does anyone need a word to fill in a blank on your Teaching Outline?

**ANSWER KEY:** *behaviors, belief system, main issue, behavior modification*



## DISCUSSION QUESTIONS

1. What concepts from the video teaching stood out to you? Were there any ideas that were new to you? If so, what?
2. Prior to hearing this teaching, how would you have described “freedom in Christ?” Did this teaching cause you to look at freedom any differently?
3. To be sure that we all have a solid understanding of the tree analogy, I’m going to share a fictional story with you about a woman named Sarah. Try to identify the roots, trunk, and branches on the tree of Sarah’s life.

“Nine-year-old Sarah loved her mom and dad but one day, Sarah’s father left home and didn’t come back. Her father said that he loved Sarah, but Sarah only saw him occasionally. She felt abandoned and believed that there was something wrong with her, that she was unlovable. She concluded that loving others only leads to more hurt and abandonment, and that love was not safe or trustworthy. As an adult, Sarah now struggles with an inability to commit, being emotionally closed, and experiences a lot of mistrust and anger.”

- What do you identify as the roots in Sarah’s life? (*Abandonment; rejection.*)
- What do you see in the trunk or belief system? (*Loving others only leads to hurt and abandonment; to love is not safe; people are not trustworthy; something was wrong with her; she’s unlovable.*)
- What did you identify as the branches or behaviors? (*Inability to commit; being emotionally closed; mistrust; anger.*)



When people look at Sarah as an adult, what would they likely say about her? “She’s got anger issues.” Or “She’s got commitment issues.” But when we understand this tree analogy, we realize that rejection and abandonment are the root issues for Sarah; anger is just a branch. Sarah might work to “beat her anger issue” for her entire life and not realize that she really needed to address the root issues of abandonment and rejection in order to experience freedom. That’s what we’re after in this series! We’re asking God to show us the deeper work that He wants to do in each of us—to change us from the inside out.

4. Can you think of a season in your life when you spent time, energy, and maybe even money trying to “fix a branch” in your own life? Did your efforts produce lasting change? Why or why not?
5. Looking back on your life, have you thought more about Jesus in terms of His concern for your heart, or have you thought more about His concern for your behavior? Why?
6. Can anyone already identify a branch and/or root issue in your life that you feel the Lord is encouraging you to address? If so, would you like to share that with us?

## WRAP-UP

### 1. **Give each group member a copy of the “What is Freedom?” Personal Reflection.**

In this week’s personal reflection, you’ll be asked to consider the tree of your own life. You’ll ask the Lord to help you identify some of the branches of behavior, beliefs in your trunk, and root issues at work in your life.

### 2. Ask everyone to think of one word that represents what they would like to receive from God through this series (e.g., healing, joy, peace, freedom, life). You might ask everyone to simply say their word out loud to start your closing prayer.

### 3. **Close in prayer:**

Thank you, Father, that Your plans for us are good. Thank You that You have made it possible for us to live in complete freedom and wholeness! We pray for Your Holy Spirit to infuse each session of this series, each group meeting, and each personal reflection with Your truth, healing, power, and revelation. Protect each of us from the plans and schemes of the enemy as we work through this series. Give us courage and wisdom to know how to practically apply each key to the rest of our lives. Thank You in advance for all that You are going to do. In Jesus’ Name, Amen.