

LOGF NOTES 10.08.17

Freedom: What is Freedom?

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John 8:32 Then you will know the truth, and the truth will set you free.

Galatians 5:1 It is for freedom that Christ set us free.

John 10:10 I have come that [you] may have life, and have it to the full.

Counterfeit Freedom #1:

Freedom is the absence of boundaries.

Counterfeit Freedom #2:

Freedom is the absence of frustrating habits.

Counterfeit Freedom #3:

Freedom will come when my circumstances or relationships change.

True freedom is not external, but internal.

Definition of Freedom: **The ability to act and react in life as the person you were created to be. Freedom is being your True Self.**

"Freedom is never about outward circumstances, it is always about becoming ourselves within our circumstances."

Opposite of freedom is bondage. Bondage is something hindering you from being your True Self.

This bondage could be fear, insecurity, a hurt that has crippled you or caused you to draw back, an event that has scarred you and caused you to believe a lie about yourself, feelings of shame, guilt, depression, anger, disappointment, grief from life's blows. Anything at all that is holding your back from being who you were created to be is bondage.

False Self

By defining freedom as our True Self, we are admitting that there is something we are contending with called a False Self. This is who we have become as a result of life and brokenness and hurt and sin and events and circumstances throughout our lives.

Hebrews 12:1-2 Let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us. Let us fix our eyes on Jesus, the author and perfecter of our faith.

3 Points about Freedom:

1. Freedom is a Choice. You can be free. First, you must choose to be free.

Deuteronomy 30:19-20 This day I call the heavens and the earth as witnesses against you that I have set before you life and death, blessings and curses. Now choose life, so that you and your children may live and that you may love the LORD your God, listen to his voice, and hold fast to him. For the LORD is your life.

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2. Freedom is a Process.

Like peeling an onion...freedom has many layers. More freedom = more abundant life. John 8:31-32 Jesus said, "If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free."

2 Corinthians 3:18 And we all, who with unveiled faces contemplate the Lord's glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit.

3. Freedom requires a Fight.

James 4:7 Submit yourselves, then, to God. Resist the devil, and he will flee from you.

"resist": 1. To set one's self against, to withstand, resist, oppose 2. To set against

Who is your enemy?

The kingdom of evil: devil, demons, the fallenness of this world

The False Self: hurt, insecurities, pride...these things want to control you

1 Timothy 6:12 Fight the good fight of the faith.

Tools for our journey to Freedom:

Sunday morning message.

Take time to reflect on the LOG Notes & message throughout the week.

Life Group gathering.

Each week I will provide a short video to further our discussion as a group.

Asking questions, discussing the topic, sharing your story is all part of this process.

Scripture verse memory.

Training your thoughts to agree with God's thoughts is vital to gaining freedom. Take the challenge to memorize and meditate on the key scripture verse each week.

Journal your thoughts from prayer and meditation. Record what the Holy Spirit is saying to you or identifying in you that He wants to do in you.

John 14:6 I am the way, the truth and the life.

Life Group Discussion

- Discuss the definition of Freedom as a group. Freedom is the ability to act and react in life as the person you were created to be. What would this look like for you?
- Are there examples in your life when you acted or reacted out of your False Self?
- Can you think of an example in your life where your True Self is not shining through? Do you see any connection to an event in your life or a hurt or some circumstance that began to cover up your True Self in this area?
- If you could change anything right now in your life what would it be?

As a group encourage each other to memorize this week's key scripture verse:

Hebrews 12:1 Let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us.