



The Air We Breathe

*“For whoever would save his life will lose it,
but whoever loses his life for my sake will find it.”
- Matthew 16:25*

OBJECTIVE

Invite your group members into living in sync with God’s kingdom. Help lead your group into deeper discipleship and love of Jesus. Ask for the Holy Spirit to shape your heart, and the hearts of those who attend your group.

Welcome and Ice-Breaker

For fun: What’s the most adventurous thing you’ve done?

DISCUSSION

Key Texts: Luke 4:16-20, Matthew 16:25, Galatians 5:1 & 13, John 8:36

Ask someone (or multiple people) to read the texts aloud and then ask someone to summarize the sermon.

Perceive

1. What are some key phrases or verses in the passage that stick out to you? Why?
2. What can we learn from this section of Scripture?

Ponder

1. What is true freedom? How does the world understand freedom? How have you seen the pitfalls of the world's understanding of freedom?
2. Do you find it hard at times to trust that self-control and boundaries actually lead to freedom?
3. In what ways has Christ set us free? How does a Christo-centric worldview lead to true freedom?
4. Where do you see forms of literal slavery in our world? Where do you see spiritual slavery? (See Romans 6:15-23)
5. How can we use our freedom in Christ to love and serve others? (see Gal. 5:13)

PRAY & PRACTICE

Pray: Pray for joy in our obedience to Christ, trusting that he promises true freedom and "life and life to the full." You may choose to break into smaller groups to share the ways in which you're struggling to believe that true freedom is found when we die to ourselves and live to Christ.

Practice: This week on your own time, seek God in prayer, asking Him where He is calling you to die to yourself and inviting you into greater freedom.