

BIBLE STUDY SERIES:

TRUSTING THE FATHER

FREEDOM

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FREEDOM

INTENTION:

We may not know we have been captive in a way of thinking, believing, feeling, or behaving; but we have been given the ability (because of Christ) to break free from those mental, emotional, and religious strongholds that limit who we are created as (and can “Just Be” as). Let’s break off the fears and shackles that bind us; so that we truly can live the life that is, “as Christ Jesus is, so are we in this world”.

I. TOPIC:

We want to look at Freedom.

God's LOVE for us is that we are free from all the little things that keep us down and trapped, which robs us of the abundant LIFE the Lord strives for us to live ([John 10:10](#)).

What these Bible Lessons have helped us with is breaking free of so much that binds us in life—religion, the perceptions of sin (sin-conscious), people's choices, our past, our fears, and so much more. And here, we will look at these freedoms which have been discussed or hit upon in all these Bible Lessons.

Do you feel free in any or all these areas?

We will read through John 8 following—note the freedoms within:

- Firstly, we see a woman set free from sin and judgment. Jesus (God) was not judging her for what she did. But moreso, He also set her free from the sin she was doing. Jesus told her to, "sin no more", not as a command, but a choice—for her, she may not have even realised she had the power/ability to actually say no. How often are we trapped in doing things as our nature because we fit into what others say of us. She (you and I) are set free from what others define us by.
- Secondly, Jesus proclaims that it is through Him that we have freedom. For it is only Him that broke (freed us) from the captivity that Adam brought into this world. This freedom He gave was one which broke the inability for us to change into the freedom He wants for us—this giving to us the ability to overcome those unhealed / unhealthy parts of us, and live in the healed / healthy that is our true identity.
- Thirdly, Jesus also proclaimed that He conquered (freed us from) death—a death that is the destruction in the here-and-now; but also the death that is an eternal life separated from the Lord.

II. READING: [John 8:1-59](#) (MEV)

But Jesus went to the Mount of Olives. 2 Early in the morning He returned to the temple. All the people came to Him, and He sat down and taught them. 3 The scribes and Pharisees brought a woman caught in adultery. When they had put her in the middle, 4 they said to Him, "Teacher, this woman was caught in the very act of adultery. 5 Now Moses in the law commanded us to stone such, but what do You say?" 6 They said this, testing Him, that they might have something of which to accuse Him.

But Jesus stooped down and wrote on the ground with His finger, as though He did not hear them. 7 So when they continued asking Him, He stood up and said to them, "Let him who is without sin among you be the first to throw a stone at her." 8 Again He stooped down and wrote on the ground.

9 Being convicted by their conscience, those who heard it went out one by one, beginning with the eldest even to the last. Jesus was left alone, and the woman standing in the midst. 10 When Jesus had stood up and saw no one but the woman, He said to her, "Woman, where are your accusers? Did no one condemn you?"

11 She said, "No one, Lord."

Jesus said to her, "Neither do I condemn you. Go and sin no more."

12 Again, Jesus spoke to them, saying, "I am the light of the world. Whoever follows Me shall not walk in the darkness, but shall have the light of life."

13 The Pharisees therefore said to Him, "You bear witness of Yourself. Your testimony is not true."

14 Jesus answered them, "Though I bear witness of Myself, My testimony is true. For I know where I came from and where I am going. But you do not know where I came from or where I am going. 15 You judge according to the flesh. I judge no one. 16 Yet if I do judge, My judgment is true. For I am not alone, but I am with the Father who sent Me.

17 Even in your law it is written that the testimony of two men is true. 18 I am One who bears witness of Myself, and the Father that sent Me bears witness of Me.”

19 Then they said to Him, “Where is Your Father?”

Jesus answered, “You know neither Me nor My Father. If you knew Me, you would know My Father also.” 20 Jesus spoke these words in the treasury, as He taught in the temple. No one arrested Him, for His hour had not yet come.

21 Again, Jesus said to them, “I am going away, and you will seek Me, and you will die in your sins. Where I am going, you cannot come.”

22 So the Jews said, “Will He kill Himself? For He said, ‘Where I am going, you cannot come.’”

23 He said to them, “You are from below; I am from above. You are of this world; I am not of this world. 24 Therefore I said to you that you will die in your sins. For unless you believe that I am He, you will die in your sins.”

25 They said to Him, “Who are You?”

Jesus said to them, “Just who I have been telling you from the beginning. 26 I have many things to say and to judge concerning you, but He who sent Me is true. So I tell the world what I heard from Him.”

27 They did not understand that He spoke to them of the Father. 28 So Jesus said to them, “When you lift up the Son of Man, then you will know that I am He, and I do nothing of Myself. But I speak these things as My Father taught Me. 29 He who sent Me is with Me. The Father has not left Me alone, for I always do those things that please Him.” 30 As He spoke these words, many believed in Him.

31 Then Jesus said to those Jews who believed Him, “If you remain in My word, then you are truly My disciples. 32 You shall know the truth, and the truth shall set you free.”

33 They answered Him, “We are Abraham’s seed and have never been in bondage to anyone. Why do You say, ‘You shall be set free’?”

34 Jesus answered them, “Truly, truly I say to you, whoever commits sin is a slave of sin. 35 Now a slave does not remain in the house forever, but a son remains forever. 36 Therefore if the Son sets you free, you shall be free indeed. 37 I know that you are Abraham’s seed. But you seek to kill Me, because My word has no place in you. 38 I am telling what I have seen with My Father, and you are doing what you have seen with your father.”

39 They answered Him, “Abraham is our father.”

Jesus said to them, “If you were Abraham’s children, you would do the works of Abraham. 40 But now you seek to kill Me, a Man who has told you the truth which I heard from God. Abraham did not do this. 41 You are doing the works of your father.”

Then they said to Him, “We were not born of sexual immorality. We have one Father: God.”

42 Jesus said to them, “If God were your Father, you would love Me, for I came from God and proceeded into the world. I did not come of My own authority, but He sent Me. 43 Why do you not understand My speaking? Because you cannot bear to hear My word. 44 You are of your father the devil, and you want to do the desires of your father. He was a murderer from the beginning, and does not stand in the truth, because there is no truth in him. When he lies, he speaks from his own nature, for he is a liar and the father of lies. 45 Yet because I tell the truth, you do not believe Me. 46 Which of you convicts Me of sin? If I speak the truth, why do you not believe Me? 47 He who is of God hears God’s words. Therefore, you do not hear them, because you are not of God.”

48 The Jews answered Him, “Do we not rightly say that You are a Samaritan and have a demon?”

49 Jesus answered, “I do not have a demon. But I honour My Father, and you dishonour Me. 50 I do not seek glory for Myself. There is One who seeks it and judges. 51 Truly, truly I say to you, if anyone keeps My word, he shall never see death.”

52 Then the Jews said to Him, “Now we know that You have a demon. Abraham and the prophets died, and You say, ‘If a man keeps My word, he shall never taste death.’ 53 “Are You greater than our father Abraham, who died? The prophets are dead! Who do You make Yourself out to be?”

54 Jesus answered, “If I glorify Myself, My glory is nothing. It is My Father who glorifies Me, of whom you say that He is your God. 55 Yet you have not known Him, but I know Him. If I say, ‘I do not know Him,’ I shall be a liar like you. But I know Him and keep His word. 56 Your father Abraham rejoiced to see My day. He saw it and was glad.”

57 Then the Jews said to Him, “You are not yet fifty years old. Have You seen Abraham?”

58 Jesus said to them, “Truly, truly I say to you, before Abraham was born, I AM.” 59 Then they took up stones to throw at Him. But Jesus hid Himself and went out of the temple. Going through their midst, He passed by.

III. RELATED VERSES AND QUESTIONS:

- A. Freedom from religion—Jesus hated religion and showed us God’s disapproval of it (as we just read in [John 8](#)). Christianity, as Christ taught it, is one of freedom in Love ([1 John 5:1-4](#)). With Christ, the only sinners are the religious—those that condemn, expect, and preach a “certain way” of living. Belief, not rules, is our freedom.

[Romans 1:16-17](#) (MEV)

For I am not ashamed of the gospel of Christ. For it is the power of God for salvation to everyone who believes, to the Jew first, and also to the Greek. 17 For in it the righteousness of God is revealed from faith to faith. As it is written, “The just shall live by faith.”

Question: What is religion to you?

Response:

- B. Freedom from sin (our sin-conscience) where we live that healthy that doesn’t want our unhealthy anymore.

[Romans 6:1-7](#) (MEV)

What shall we say then? Shall we continue in sin that grace may increase? 2 God forbid! How shall we who died to sin live any longer in it? 3 Do you not know that we who were baptized into Jesus Christ were baptized into His death? 4 Therefore we were buried with Him by baptism into death, that just as Christ was raised up from the dead by the glory of the Father, even so we also should walk in newness of life.

5 For if we have been united with Him in the likeness of His death, so shall we also be united with Him in the likeness of His resurrection, 6 knowing this, that our old man has been crucified with Him, so that the body of sin might be destroyed, and we should no longer be slaves to sin. 7 For the one who has died is freed from sin.

Question: What are sins (unhealthy aspects) you struggle with that you know you deserve freedom from?

Response:

- C. Freedom from guilt and shame—again, that we have no need to be troubled in thinking / believing God is upset with us (as He is not).

[Acts 24:14-16](#) (MEV) {PoG}

However, I affirm that in accordance with the Way, which they call a sect, I worship the God of my fathers and believe everything written in the Law and in the Prophets. 15 I have hope in God that there will be a resurrection of the dead, both of the just and the unjust, which they also expect. 16 In this do I always strive to have a clear conscience {not troubled by a consciousness of sin} toward God and toward men.

Question: Do feelings of guilt and shame haunt you?

Response:

- D. Freedom from your past—both the things that happened / shaped / programmed you, but also any mistakes you make along the way.

[Philippians 3:12-14](#) (MEV)

Not that I have already attained or have already been perfected, but I follow after it so that I may lay hold of that for which I was seized by Christ Jesus. 13 Brothers, I do not count myself to have attained, but this one thing I do, forgetting those things which are behind and reaching forward to those things which are ahead, 14 I press toward the goal to the prize of the high calling of God in Christ Jesus.

Question: Do you relive your past over and over again in your head (trying to change it through “what-ifs”)?

Response:

- E. Freedom from sickness and disease—whichever way you can... for the healing is greater than how you get healed.

[1 Peter 2:24](#) (MEV) {PoG}

He Himself bore our sins in His own body on the tree, that we, being dead to sins, should live unto righteousness. “By His wounds you were healed” {(G2390) *literally and figuratively*: to heal, to cure, make whole, to free from errors and sins, to bring about one’s salvation *of our soul / emotional realm* ([1 Peter 1:9](#))}.

Question: How can you learn more about God truly not wanting you sick, disabled, or mentally / emotionally ill?

Response:

F. Freedom from the Law—Love, Grace, and Truth is only in Christ Jesus.

[Romans 7:4-6](#) (MEV)

So, my brothers, you also have died to the law through the body of Christ, so that you may be married to another, to Him who has been raised from the dead, so that we may bear fruit for God. 5 When we were in the flesh, the passions of sin, through the law, worked in our members to bear fruit leading to death. 6 But now we are delivered from the law, having died to things in which we were bound, so that we may serve in newness of the Spirit, and not in the oldness of the letter of the law.

Question: Have you (unknowingly even) tried to obey the Law? Have others told you to “live righteously” by it?

Response:

G. Freedom from perfection (of yourself and of others)—let us all be safe for each other’s life-journey. Each one of us takes a different path from their own starting point. It’s Love that overcomes all that judgement and criticism.

[1 Peter 4:8-9](#) (MEV)

Above all things, have unfailing love for one another, because love covers a multitude of sins. 9 Show hospitality to one another without complaining.

Question: What do you do when you aren’t perfect enough—or that you feel others aren’t perfect enough?

Response:

H. Freedom of choice (to believe or not)—all that God did through Jesus Christ (reconciling the world to Himself) was done for each and every human being that is to ever live. By God’s Grace, through Christ’s Faith (not our grace or faith), we get to believe (our own choice) into Him for the free Salvation and Righteousness He gifts us.

[John 3:16-18](#) (MEV)

“For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish, but have eternal life. 17 For God did not send His Son into the world to condemn the world, but that the world through Him might be saved. 18 He who believes in Him is not condemned. But he who does not believe is condemned already, because he has not believed in the name of the only begotten Son of God.”

Question: Do you believe in Christ Jesus?

Response:

- I. Freedom of choice (flesh or spirit)—what we let win in us (in that soul conflict) leads our life. We get to choose which one (regardless of how hard it feels to reprogramme ourself).

[Galatians 5:13-18](#) (MEV)

You, brothers, have been called to liberty. Only do not use liberty to give an opportunity to the flesh, but by love serve one another. 14 For the entire law is fulfilled in one word, even in this: “You shall love your neighbour as yourself.” 15 But if you bite and devour one another, take heed that you are not consumed by one another.

16 I say then, walk in the Spirit, and you shall not fulfil the lust of the flesh. 17 For the flesh lusts against the Spirit, and the Spirit against the flesh. These are in opposition to one another, so that you may not do the things that you please. 18 But if you are led by the Spirit, you are not under the law.

Question: Do you struggle with choosing the Spirit over the flesh? Does it get easier for you as you heal?

Response:

- J. Freedom to trust the Lord—we live in a world that destroys trust. We project our own parental-figure hurts and pains of mistrust and abandonment onto the Lord. When we learn the truth that the Lord is safe and trustworthy, we become free to rely on Him for the things we could never rely on other for (even our reliance on our self).

[Matthew 6:25-34](#) (MEV)

“Therefore, I say to you, take no thought about your life, what you will eat, or what you will drink, nor about your body, what you will put on. Is not life more than food and the body than clothing? 26 Look at the birds of the air, for they do not sow, nor do they reap, nor gather into barns. Yet your heavenly Father feeds them. Are you not much better than they? 27 Who among you by taking thought can add a cubit to his stature?

28 “Why take thought about clothing? Consider the lilies of the field, how they grow: They neither work, nor do they spin. 29 Yet I say to you that even Solomon in all his glory was not dressed like one of these. 30 Therefore, if God so clothes the grass of the field, which today is here and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith? 31 Therefore, take no thought, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ 32 (For the Gentiles seek after all these things.) For your heavenly Father knows that you have need of all these things. 33 But seek first the kingdom of God and His righteousness, and all these things shall be given to you. 34 Therefore, take no thought about tomorrow, for tomorrow will take thought about the things of itself. Sufficient to the day is the trouble thereof.”

Question: What are ways you are learning to trust God as a Father?

Response:

- K. Freedom to live Him in and Him through us—“as on earth as it is in Heaven”. The Lord always works along-side (yoked to) us in everything we do. He doesn’t orphan us, but Lovingly sees you and treats you as His precious child.

[Ephesians 3:14-21](#) (MEV)

For this reason I bow my knees to the Father of our Lord Jesus Christ, 15 from whom the whole family in heaven and earth is named, 16 that He would give you, according to the riches of His glory, power to be strengthened by His Spirit in the inner man, 17 and that Christ may dwell in your hearts through faith; that you, being rooted and grounded in love, 18 may be able to comprehend with all saints what is the breadth and length and depth and height, 19 and to know the love of Christ which surpasses knowledge; that you may be filled with all the fullness of God.

20 Now to Him who is able to do exceedingly abundantly beyond all that we ask or imagine, according to the power that works in us, 21 to Him be the glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen.

Question: Do you know, understand, and believe that the Lord in Their entirety Lives in and through you?

Response:

- L. Freedom to know and experience Him personally as a Father in relationship—you are His child as Jesus is His child. As He was with Jesus, He is with you! Jesus approached the Father without fear or shame; so can you. The moment you believe, He remains in you forever!

[John 15:7-17](#) (MEV)

If you remain in Me, and My words remain in you, you will ask whatever you desire, and it shall be done for you. 8 My Father is glorified by this, that you bear much fruit; so you will be My disciples.

9 “As the Father loved Me, I also loved you. Remain in My love. 10 If you keep My commandments, you will remain in My love, even as I have kept My Father’s commandments and remain in His love. 11 I have spoken these things to you, that My joy may remain in you, and that your joy may be full. 12 This is My commandment: that you love one another, as I have loved you. 13 Greater love has no man than this: that a man lay down his life for his friends. 14 You are My friends if you do whatever I command you. 15 I no longer call you servants, for a servant does not know what his master does. But I have called you friends, for everything that I have heard from My Father have I made known to you. 16 You did not choose Me, but I chose you, and appointed you, that you should go and bear fruit, and that your fruit should remain, that the Father may give you whatever you ask Him in My name. 17 This I command you: that you love one another.

Question: Have you felt you can approach the Lord more directly (rather than through someone else)?

Response:

- M. Freedom to think independently about the Bible and the Lord—Jesus read the same scriptures we have access to. Jesus discerned what in the Bible is of the Lord (whether His actions or character and nature) that led Him to see a Loving Father, not the vengeful God that He is often portrayed as. We can discern and question too.

[Ephesians 1:13-20](#) (MEV)

In Him you also, after hearing the word of truth, the gospel of your salvation, and after believing in Him, were sealed with the promised Holy Spirit, 14 who is the guarantee of our inheritance until the redemption of the purchased possession, to the praise of His glory.

15 Therefore I also, after hearing of your faith in the Lord Jesus and your love toward all the saints, 16 do not cease giving thanks for you, mentioning you in my prayers, 17 so that the God of our Lord Jesus Christ, the Father of glory, may give you the Spirit of wisdom and revelation in the knowledge of Him, 18 that the eyes of your understanding may be enlightened, that you may know what is the hope of His calling and what are the riches of the glory of His inheritance among the saints, 19 and what is the surpassing greatness of His power toward us who believe, according to the working of His mighty power, 20 which He performed in Christ when He raised Him from the dead and seated Him at His own right hand in the heavenly places.

Question: How has your perspective and belief changed in the Lord as you seek Him personally and independently?

Response:

- N. Freedom from our captors—freedom from ourself. Often, our own thoughts deceive us; but when those thoughts come up from your past, your unhealed parts, or as just being intrusive... we don't hold onto them as being our own thoughts, but we let them travel through into the captivity and obedience of Christ.

[2 Corinthians 10:4-6](#) (MEV) {PoG}

For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strongholds, 5 casting down imaginations and every high thing that exalts itself against the knowledge of God, {leading away as captive, every thought, into} the obedience of Christ, 6 and being ready to punish all disobedience when your obedience is complete.

Question: What (internally) makes you feel trapped or scared that keeps you from feeling free?

Response:

- O. Freedom to overcome—everything that this world has raised you up into (programmed in you that is unhealthy), the Lord showed us that we can overcome whatever is trying to bring destruction into our lives and relationships.

[1 John 5:1-4](#) (MEV)

Whoever believes that Jesus is the Christ is born of God, and everyone who loves the Father loves the one born of the Father. 2 By this we know that we love the children of God: when we love God and keep His commandments. 3 For this is the love of God, that we keep His commandments. And His commandments are not burdensome, 4 for whoever is born of God overcomes the world, and the victory that overcomes the world is our faith. 5 Who is it that overcomes the world, but the one who believes that Jesus is the Son of God.

