Living Free I Study Guide

PART 2 - God has a Plan to Renew Your Soul

Review author questions:

Pastor James Sunnock says that the redemption and transformation of our soul is the epicenter of the entire book and it is crucial to comprehend this concept if we are to experience freedom and abundant living in our lifetime.

How do we renew our soul (mind, will and emotions)?
How do we heal our hurts and emotional pain?
How do we get to the place where our soul is truly transformed, completely healed and set free?

The devil works diligently to keep mankind broken, lost and without hope, but through Jesus Christ, God established His plan of redemption. In Luke 4:18-19 Jesus says that, “The Spirit of the Lord is upon Me, because He has anointed Me to preach the gospel to the poor; He has sent Me to heal the brokenhearted, to proclaim liberty to the captives and recovery of sight to the blind, to set at liberty those who are oppressed”. It is imperative to understand that apart from Christ there can be no healing. Only He can heal our heart, soul, mind, will and emotions, but first we must allow him to heal our spirit.

Oftentimes, when we don’t allow Christ to provide healing, we can look elsewhere in order to seek relief from our pain and baggage. In the book, the author describes the four traps that people fall into when trying to “fix” themselves; review them as a group and discuss the questions in each section.

Trap #1 - The Inner Vow - a vow we make in our heart, typically born from a wound and used as a means of protecting oneself from future hurt. In making an inner vow we transfer the authority that God has over a specific area of our lives and place it on ourselves (becoming loyal to the vow over God).

In Matthew 5:34 we are told not to make any vows.
Proverbs 20:25 says, “It is a snare to say rashly...and to react only after making vows.”

- How does the enemy use inner vows to keep us in bondage?
- Think of any internal vows you may have made and share them with the group. How have internal vows affected your soul? How have they affected your relationship with God?
- How does a relationship with Jesus free us from the bondage of inner vows?
**Trap #2 - We Seek Relief in Our Own Ways**

- In what ways do we seek relief for our pain and struggles outside of Jesus?
- How does Jesus invite us to seek relief from our pain and troubles?
- What has kept you from seeking Jesus first when you needed relief in life?

**Trap #3 - Emotional Blindness** - a veil of blindness causing one to believe that God is not big enough to heal our mind and emotions. This blindness often leads to a state of denial or ignoring the things that have us in bondage and results in a system of trying harder.

- In what areas of your life have you experienced emotional blindness?
- Have you experienced a time in which you “tried harder” instead of relying on Jesus?
  - How did it affect you?
- How does trying harder keep us in a state of defeat?

**Trap #4 - We Become “Functional” and Believe We Don’t Need Healing** (when our hurt becomes so ingrained in us that it becomes our identity)

The author shares the analogy of the donut tire (pg. 23) in which many people drive around with their spare “donut” rather than replace it with a new, strong tire.

- Have you experienced a time in which you became functional or complacent in your life and operated using a “donut” tire? How did you get to that place?
- What does it feel like to live using a “donut tire”?
- Have you experienced a time in your life when it seemed easier to move on rather than to go through the process of letting God heal you?
- How does hopelessness keep us from experiencing freedom in Jesus?
- What promises does God’s word give us regarding those who have lost or are losing hope?
- What message about hope does the enemy use to counterfeit God’s promises to us?
- How can we live differently when faced with the different traps in our lives? How can we experience the freedom that Christ died to give us in these areas?

This next week, spend time with God in prayer and ask the Holy Spirit to reveal to you how God’s promises concerning hope apply to you personally. Make sure to take time to listen to the Holy Spirit’s answers when you seek Him out. Have a blessed week!