



True Freedom | Session 1

Everyone Needs Freedom

Speaker Name:

Date:

1| Believers Need Freedom

a) Jesus came to set us free. (John 8:36, Luke 4:18-21 NKJV)

Jesus Came to...

Preach the Good News	Salvation
Heal the brokenhearted	Inner Healing
Proclaim liberty to the captives	Freedom from bondage
Recover the sight of the blind	Physical healing
Set at liberty those who are oppressed	Freedom from oppression

Emotional healing brings freedom.

Notes:

b) Jesus heals broken hearts. (Luke 4:18 NKJV, Ephesians 1:4-6 NKJV, Numbers 14:34, Hosea 8:3)

c) Symptoms of Pain & Bondage:

Anger (1 Samuel 15:26, 19:9-10)	Easily Offended
Insecurity	Excessive shyness or loneliness
Pride	Control & Manipulation
Independence	

We can live accepted! (Matthew 21:42, Ephesians 1:6)

Notes:

Discussion: Have you personally experienced freedom in one of the areas we discussed? Please share your experience.

2| Inner Healing

- a) Jesus heals bruises. (Luke 4:18 KJV, NLT)

- b) Unforgiveness (Matthew 18:21-22 NLT, Matthew 18:33- NKJV)

- c) Removing the Tormentors (1 Corinthians 5:5, James 4:7 NKJV, 2 Corinthians 2:10-11, 11:14)

Notes:

Discussion: Do you have an area in your life where you struggle with forgiveness? Have you noticed that it seems to keep you from moving forward? Please share.

3| Healing Wounds

- a) Recognizing strongholds.

- b) Jesus paid the price. (Isaiah 53:3,5,10 NKJV, Zechariah 13:6 ESV)

- c) Jesus, the Gentle Healer. (Matthew 12:20 NKJV)

Notes:

Activation

- Ask the Holy Spirit to bring memories to you that He wants to heal today.
- When they come to mind, pray this prayer:

“Father, I submit these memories to you. I ask You to heal me now from all of the stress and give me holy forgetfulness. I chose now, by an act of my will, to forgive, to forget, and to be healed.”

Notes:

To Deepen Your Relationship

1. Meditate on Luke 4:18-21

“The Spirit of the Lord is upon me, for he has anointed me to bring Good News to the poor. He has sent me to proclaim that captives will be released, that the blind will see, that the oppressed will be set free, and that the time of the Lord’s favor has come. ” He rolled up the scroll, handed it back to the attendant, and sat down. All eyes in the synagogue looked at him intently. Then he began to speak to them. “The Scripture you’ve just heard has been fulfilled this very day!”

Reflect What is the Holy Spirit saying to you through this scripture?

2. Please take some time and watch *A Mind Set Free* (from the Free Indeed series found at gatewaypeople.com or [HERE](#))

Reflect: How does the information presented in *A Mind Set Free* impact or change the way you think about or perceive freedom? What did the Holy Spirit say to you?
