

A Courageous Journey



5 - WEEK STUDY ON

Set Free

UNLEASH GOD'S POWER TO
HEAL EMOTIONAL WOUNDS



Topic Ten: Set Free (Weeks 47-51)

Five-Week Small Group Guide

Welcome to the *A Courageous Journey* Study Guide!

I'm so glad you've chosen to begin this journey with others. My prayer is that God will use your time together to bring encouragement, healing, wisdom, and deeper relationships with Him and one another.

Feel free to adapt the suggestions in this guide to fit the unique dynamics of your group. Create an environment where everyone feels safe and respected, free to share deeply, answer briefly, or simply listen. Some weeks, God may be doing a quiet work in someone's heart that isn't ready to be spoken aloud, and that's okay.

As you meet together, remember that every person's story matters. Listen with compassion, avoid the urge to fix one another, and keep what is shared within the group confidential. Both spoken words and quiet moments can become meaningful ways that God teaches and transforms us.

One of the greatest gifts of studying together is learning from one another's experiences. As we share how God is working in our lives, He often uses those stories to encourage others and to reveal what He may be speaking to them as well.

May this journey draw each of you closer to Christ, and to one another.

Week 1: Jesus, Our Freedom and Healer

Personal study recap: This week introduced you to Jesus as the One who alone has the power to heal emotional wounds and bring lasting freedom.

Opening question:

- Where do you naturally search for freedom from pain or frustration?

Discussion Questions:

1. What acts in Jesus' ministry lead people to freedom?
2. What fears keep you from seeking God for healing?
3. What is the condition of your heart right now, and how ready is it to receive God's healing touch?
4. Who or what are you most dependent on for comfort and protection from pain?

Digging Deeper: This week's Digging Deeper invited you to reflect on a specific incident where fear, shame, or false beliefs kept you from experiencing the freedom Christ purchased for you, considering both what happened and the conclusions you drew from that experience, and asking God how that experience shaped your understanding of freedom and what truth He wants you to embrace in place of the lies you have believed. Share as much or as little as you feel comfortable sharing.

You do not have to share the details of your experience. If you prefer to keep those private, consider sharing this with the group instead:

"One lie I have believed that has kept me from experiencing the freedom Christ purchased for me is _____, and the truth I sense God wants me to embrace in its place is _____."

Closing prayer: Close your time together by having one person pray over every lie that was named, declaring together that Christ has already purchased freedom from each one and asking God to make that truth feel as real and alive in every heart as it is in His Word.

Week 2: Living in True Freedom

Personal study recap: This week taught you that freedom is not simply a moment of healing but a daily choice to live according to God's truth.

Opening question:

- What hindrances do you (or others) face that keep you from trusting God's Word above emotions and past experiences?

Discussion Questions:

1. What Scripture has changed your life the most?
2. What promises of God replace lies that keep you in bondage?
3. What moments of freedom can you recall, and what actions led to them?
4. How can you grow in your trust in God's Word?

Digging Deeper: This week's Digging Deeper invited you to reflect on a specific incident that has influenced how you understand and experience freedom in Christ, asking what conclusions you drew from that experience and seeking the truth God wants to reveal — including how your definition of freedom might differ from His and what truth He wants you to embrace that will lead to true liberation. Share as much or as little as you feel comfortable sharing.

You do not have to share the details of your experience. If you prefer to keep those private, consider sharing this with the group instead:

"One way my definition of freedom has differed from God's is _____, and the truth I sense He wants me to embrace that would lead to true liberation is _____."

Closing prayer: Close by having one person pray over each person's pursuit of true freedom, asking God to gently correct every counterfeit definition and to lead each person deeper into the liberation that only He can provide.

Week 3: Trusting God for True Freedom

Personal study recap: This week you were reminded that freedom often unfolds through a journey rather than in a single moment.

Opening question:

- In what season did you feel abandoned, only to discover that God's timing was perfect?

Discussion Questions:

1. What Scripture from this week encouraged you to trust God's timing?
2. How has God shown His faithfulness to work in every stage of your journey?
3. How can you best walk forward in hope and obedience when you don't see God moving?
4. Where in your life is God asking you to trust His timing right now?

Digging Deeper: This week's Digging Deeper invited you to reflect on a specific disappointment or waiting period that has affected your ability to trust God fully, asking what fears or doubts arose during that time and seeking the truth He wants to reveal - including how your experiences have shaped your view of His trustworthiness and what He wants you to understand about His character and timing that you may have missed. Share as much or as little as you feel comfortable sharing.

You do not have to share the details of your experience. If you prefer to keep those private, consider sharing this with the group instead:

"One fear or doubt that arose during a season of disappointment or waiting that affected my ability to trust God fully is _____, and what I sense He wants me to understand about His character and timing that I have missed is _____."

Closing prayer: Close by having one person pray over every season of disappointment and waiting that was brought to mind, asking God to redeem each one and to replace the fears and doubts that took root there with a deep and unshakable confidence in His trustworthiness and His perfect timing.

Week 4: Experience God's Freeing Touch

Personal study recap: This week's study encouraged you to actively pursue Jesus with expectant faith, believing that He still heals, restores, and sets people free.

Opening question:

- What biblical examples show that God's love continually pursues the brokenhearted?

Discussion Questions:

1. When have you reached for Jesus in desperate faith?
2. What burdens do you need to lay at Jesus' feet during this season of your life?
3. How does God's compassionate touch show up in your life?
4. What past pain still hinders your ability to experience God's touch?

Digging Deeper: This week's Digging Deeper invited you to reflect on a specific time when you hesitated to bring a need to God believing He would not respond favorably, asking what kept you from reaching out with confidence and seeking the truth He wants to reveal - including what barriers you have created between yourself and His healing touch and how He wants to transform your understanding of His willingness to meet you in your need. Share as much or as little as you feel comfortable sharing.

You do not have to share the details of your experience. If you prefer to keep those private, consider sharing this with the group instead:

"One barrier I have created between myself and God's healing touch is _____, and what I sense He wants me to understand about His willingness to meet me in my need is _____."

Closing prayer: Close by inviting each person to bring one specific need to God out loud if they are willing (just one honest ask) then have one person pray over everything that was offered, thanking God that He is not only able but eager to meet each person exactly where they are and to extend His freeing touch into every area of need.

Week 5: Encountering God

Personal study recap: This final week prepared you to continue your healing journey long after your study has ended.

Opening question:

- How can you continue to walk in freedom in every season of life?

Discussion Questions:

1. What does it look like to respond to the mercy God is giving you?
2. What challenges ahead of you can you choose to walk through closely with God?
3. What Scripture has become an anchor you can return to when new wounds arise?
4. How does knowing that God will keep leading, healing, and strengthening you help you face your fears?

Digging Deeper: This week's Digging Deeper invited you to reflect on a specific encounter with Jesus that has been particularly meaningful in your life, asking what made that encounter special, how it changed your understanding of who He is, and seeking the truth He wants to reveal - including how He wants to deepen your relationship through both past encounters and new experiences of His presence. Share as much or as little as you feel comfortable sharing.

You do not have to share the details of your experience. If you prefer to keep those private, consider sharing this with the group instead:

"One encounter with Jesus that has been particularly meaningful to me is _____, and one way I sense He wants to deepen our relationship through new experiences of His presence is _____."

Closing celebration: Take extra time to celebrate what God has done in your group. Go around the room and have each person share one way they have seen God move in someone else throughout this study. Acknowledge the courage it took to show up, to be honest, and to keep going. Close your final session together in worship, gratitude, and prayer - thanking God for every step of this journey, for every truth that took root, and for the freedom He has purchased and is continuing to walk each person into. Pray a blessing over one another as you go forward, carrying everything God has done in these weeks into the rest of your courageous journey with Him.
