

A serene landscape photograph featuring a sunset or sunrise. The sky is filled with soft, layered clouds in shades of orange, yellow, and light blue. In the foreground, the dark silhouettes of several evergreen trees, likely pines or firs, are visible against the bright sky. The trees are positioned on the left and right sides, framing the central text. The overall mood is peaceful and contemplative.

*15 Ways
To Find
Freedom and Purpose*

15
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to
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And
Purpose



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15 Ways to Find Freedom & Purpose

Purpose: To Find Freedom & Purpose

If the Son therefore shall make you free, ye shall be free indeed (John 8:36).

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Prayer for Salvation or Rededication

God, I believe that you sent Jesus to the earth to live as a man and that when he died he died for my sins. Please forgive my sins. I receive your grace and favor in my life. Help me to be a new creation and live all of the rest of my days for you. In Jesus' name I pray, amen.

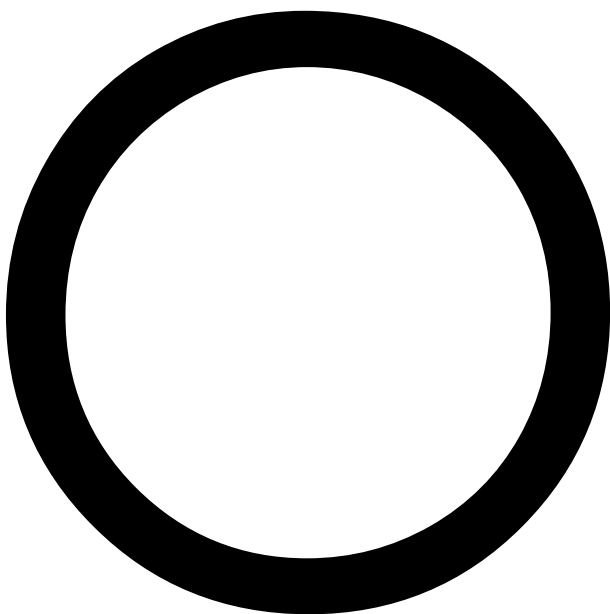
Signature

Date

Lesson 1

Your World Today

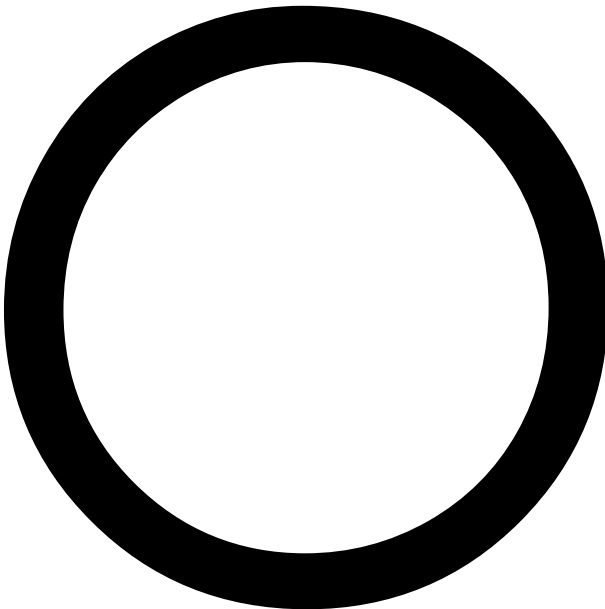
List the things inside this circle which are in your world today. For example: friends, family, career, joy, hope, food, shelter, pain, grief, shame, doubt, fear, etc...



Lesson 2

Your Ideal World

List the things inside this circle which you would like in your world but do not have right now. It is okay to dream big but try and be realistic. For example: friends, family, spouse, children, mentor, career, joy, hope, food, shelter, car, companion, education, financial success, etc...



Lesson 3

Fears

List any fears that you have:

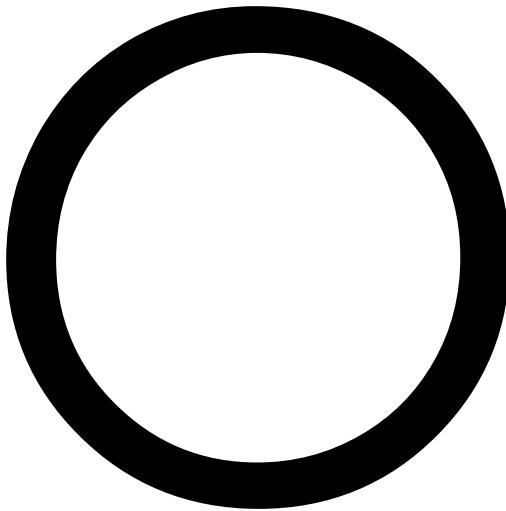
Lesson 4 *Resentments*

List any resentment that you have toward yourself, toward others, or towards God:

Lesson 5

The Grief Awareness Circle

If you have had grief draw a line from the circle outwards and write on the line what type of grief you are going through. Example: a loss from someone dying, marriage, job, barrenness, abortion, tragedy, injury, accident, loneliness, rejection, depression, disappointments, etc..., Then pray and reflect on what the top 3 areas of grief are and put those words inside the circle. Pray and ask God in Jesus' name to help you heal and restore you to His perfect will for your life.



Lesson 6

How Do You Spend Your Time?

List as many ways you can think of that you are spending your time. Place a number in front of the item in order of importance to prioritize each activity. The number one (1) being the most important, the number two (2) the next most important, 3, 4, 5, 6, etc...

Lesson 7

Facets of Good Character

From the list of good facets of character circle the areas which you feel that you do well in. Put an X in front of the items that you feel you are weaker in. Pray and ask God in Jesus' name to help you in the areas where you are weak. List any that are not on the list.

Acceptance
 Beautiful
 Confidence
 Dependability
 Efficiency
 Enthusiasm
 Faith
 Friendliness
 Goodness
 Guidance
 Honesty
 Initiative
 Joy
 Love
 Obedience
 Patience
 Perseverance
 Purity
 Reverence
 Self Control
 Thoughtfulness

Attentiveness
 Boldness
 Contentment
 Diligence
 Encouragement
 Exhortation
 Faithfulness
 Generosity
 Grace
 Health
 Hope
 Innocence
 Justice
 Loyalty
 Optimism
 Peace
 Practical
 Responsibility
 Righteousness
 Servant
 Wholeness

Availability
 Compassion
 Courage
 Discretion
 Endurance
 Fairness
 Forgiveness
 Gentleness
 Gratitude
 Holiness
 Humility
 Integrity
 Kindness
 Mercy
 Pardon
 Perfect
 Protection
 Restorative
 Sanctified
 Strength
 Wisdom

Lesson 8

The Garbage Can

Draw a garbage can and place in it the things about yourself that you do not like. For example: doubt, fear, bad eating habits, smoking, drunkenness, porn, gambling, poor hygiene, bad temper, anxiety, jealousy, etc...

Lesson 9

Write a Phrase

Write a personal phrase (acrostic) to describe yourself which can be built from the good facets of your character. You can use the list in Lesson 7 to build your phrase.

Example:

S Strengthens
H Honors
E Encourages

L Loves
A Accepts
U Understands
G Generous
H Healthy
S Successful

A series of 20 horizontal lines for writing, arranged in 10 pairs.

Lesson 10

Bible Promises

Read through the Bible verses given and memorize at least one or two. These Bible promises are some of the things that God wants you to know and believe about yourself, about others, and about Him.

--King James Version (KJV)--

We are the children of God

Galatians 3:26

For ye are all the children of God by faith in Christ Jesus.

We are followers of Christ and His disciples

1 Corinthians 11:1

Be ye followers of me, even as I also am of Christ.

We are fearfully (beautifully) and wonderfully made

Psalms 139:14

I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well.

We are the temple of the Holy Spirit

1 Corinthians 6:19-20

What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.

We have the mind of Christ

1 Corinthians 2:16

For who hath known the mind of the Lord, that he may instruct him? but we have the mind of Christ.

We are to be a light to the world

Matthew 5:14-16

Ye are the light of the world. A city that is set on an hill cannot be hid. Neither do men light a candle, and put it under a bushel, but on a candlestick; and it giveth light unto all that are in the house. Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven.

We are intercessors

Romans 8:27

And he that searcheth the hearts knoweth what is the mind of the Spirit, because he maketh intercession for the saints according to the will of God.

We are kingdom builders

Proverbs 11:30

The fruit of the righteous is a tree of life; and he that winneth souls is wise.

Mark 1:8

I indeed have baptized you with water: but he shall baptize you with the Holy Ghost.

James 5:14

Is any sick among you? let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord.

Luke 4:18

The Spirit of the Lord is upon me, because he hath anointed me to preach the gospel to the poor; he hath sent me to heal the brokenhearted, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are bruised.

Isaiah 61:1

The Spirit of the Lord GOD is upon me; because the LORD hath anointed me to preach good tidings unto the meek; he hath sent me to bind up the brokenhearted, to proclaim liberty to the captives, and the opening of the prison to them that are bound.

We are possessors of the land for Christ

Deuteronomy 11:24

Every place whereon the soles of your feet shall tread shall be yours: from the wilderness and Lebanon, from the river, the river Euphrates, even unto the uttermost sea shall your coast be.

Joshua 1:3

Every place that the sole of your foot shall tread upon, that have I given unto you, as I said unto Moses.

1 Chronicles 4:10

And Jabez called on the God of Israel, saying, Oh that thou wouldest bless me indeed, and enlarge my coast, and that thine hand might be with me, and that thou wouldest keep me from evil, that it may not grieve me! And God granted him that which he requested.

Daniel 7:14

And there was given him dominion, and glory, and a kingdom, that all people, nations, and languages, should serve him: his dominion is an everlasting dominion, which shall not pass away, and his kingdom that which shall not be destroyed.

We are carriers of His presence

John 7:38

He that believeth on me, as the scripture hath said, out of his belly shall flow rivers of living water.

We are carriers of the gospel of Jesus Christ

Romans 1:16

For I am not ashamed of the gospel of Christ: for it is the power of God unto salvation to every one that believeth; to the Jew first, and also to the Greek.

We are loved by God and we are God's love to the world

John 13:35

By this shall all men know that ye are my disciples, if ye have love one to another.

We are friends of God (the Father), His Son (Jesus Christ), and the Holy Spirit

James 2:23

And the scripture was fulfilled which saith, Abraham believed God, and it was imputed unto him for righteousness: and he was called the Friend of God.

We are humble and thankful to walk with our creator

Micah 6:8

He hath shewed thee, O man, what is good; and what doth the LORD require of thee, but to do justly, and to love mercy, and to walk humbly with thy God?

Isaiah 42:3

A bruised reed shall he not break, and the smoking flax shall he not quench: he shall bring forth judgment unto truth.

Lesson 11

Treasure Chest

Draw a treasure chest and put into your treasure chest things that you like about yourself, things that bring God glory, and things that others like about you.

On the outside of the treasure chest write down the things which you would like to learn or accomplish.

Lesson 12

Defined by God

Write down how you think others define you:

Write down how you define yourself:

Write down how God defines you:

Read these Bible verses:

For thou hast possessed my reins: thou hast covered me in my mother's womb. I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well (Psalm 139:13-14).

Before I formed thee in the belly I knew thee; and before thou camest forth out of the womb I sanctified thee, and I ordained thee a prophet unto the nations (Jeremiah 1:5).

For I know the thoughts that I think toward you, saith the LORD, thoughts of peace, and not of evil, to give you an expected end (Jeremiah 29:11).

For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind. (2 Timothy 1:7).

Nay, in all these things we are more than conquerors through him that loved us (Romans 8:37).

Lesson 13

Relationships

What relationships are healthy for you?

What relationships are unhealthy for you?

What do you need to do to let go of unhealthy relationships?

What relationships do you need reconciliation for?

What relationships do you need God's help to restore?

What relationships do you take for granted?

What people have given their time and talents to you and you could reciprocate or give back something in return?

Who are you a good friend to?

Who are the people in your inner circle?

Do you need to change friendships?

What relationships are you tolerating?

Lesson 14

Goals

List several short term goals:

List several long term goals:

Lesson 15

The Good Report

Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things (Philippians 4:8).

And they overcame him by the blood of the Lamb, and by the word of their testimony; and they loved not their lives unto the death (Revelation 12:11).

Prayer Requests:

Leaders' Guide:

It is the vision for Bible Study and Books Nonprofit to help people with disabilities write their Christian books and testimonies. The profit from selling these books helps us reach our ministry goals and vision. There are some key points that Bible study group leaders should keep in mind.

- 1 The location of your Bible study group can be almost anywhere where you feel comfortable as long as everyone can hear and has a place to sit. A table is good but not required because many people like to use the floor, chairs and sofas. You can have a Bible study in a restaurant or marketplace if you don't have the use of a church. Having a Bible study in the marketplace does have its spiritual advantages of changing the atmosphere of an environment and helps businesses by your purchases. If you are having this Bible study in a restaurant please make sure you tip your waiter's, waitresses, or those picking up your dishes. And always pick up after yourself and leave a good impression.
- 2 Make sure if you are using tables and chairs that there are enough chairs and table space for everyone to sit together.
- 3 Try to avoid distractions. A distraction takes people away from the study. Allow for interruptions at times because the input from an interruption may be something God wants someone to share. Keep an eye on the topic of discussion and bring the discussion back to the Bible study topic if needed.
- 4 When people share difficult circumstances in a Bible study you should be willing to pray for them and never use it against them. Using people's pasts against them does not honor anyone and it can be displeasing to God. When people share details of their lives and you repeat it to your friends it is consider gossip (a sinful behavior) unless there was a special request for assistance such as a need for a vehicle, housing, clothes, or food. When you do share requests from other people try not to use names of people unless you are given permission by that person. It is however acceptable to share the details of what you are learning in this Bible study especially when God shows you a new scripture or revelation from His Holy Bible.

- 5 It is important to keep people on track with the Bible study and set aside time at the end for prayer. That time should be based on the number of people attending the Bible study.
- 6 Always give everyone an opportunity to read during this Bible study and it can help if you just rotate from one person to another around the table or the room.
- 7 If someone is not feeling well it is okay for them to just pass on the reading of the Bible verses. But if they are really sick they should do their own Bible study work at home so that they can keep up with the group.
- 8 Have a plan for fellowship and ample time for greeting each other in a group.
- 9 Everyone should always encourage others, be short in their explanations during the group study, give good examples, and give good feedback. If there is any bad feedback it should be directed privately to the Bible study leader so they are aware of the problem you are experiencing.
- 10 Everyone is important to God and God may have people who are not like you in the group because they have something to share, or something to learn too.
- 11 If snacks are shared don't complain if you can't eat what is brought. You should bring things that you like for everyone to eat if what is being brought is something you are not able to eat.
- 12 This Bible study is pretty simple and not intended to bring up arguments if you or someone in the group has been taught something different. This Bible study is designed for you to find your answers from the Holy Bible and not from other people. If you are uncomfortable with anything in this study you should seek God through prayer without causing a disruption within the group.

13 Always keep a peaceful environment where everyone feels welcome.

14 If you notice someone who needs help finding a Bible verse be gentle in how you help them.

15 There should be no strife, contention, name calling, fear or jealousy. The Bible study leader has the authority to warn someone if their behavior is not appropriate and after the first warning have measures in place for asking someone to leave the group.

16 It is good to recap Bible verses for everyone if the Bible verses or the chapter you are reading is long.

17 The group leader should read the questions for the chapter to everyone or designate someone to read the questions prior to reading the scriptures so that you can easily answer the questions when you are going through the Bible study.

18 The group leader or person designated by the group leader can make additional questions for each chapter, each week (or meeting time) if there is enough time allowed.

19 The group may not finish a chapter during the allotted time of the Bible study and it can either assign the chapter as homework to finish or continue it the next time you are meeting together.

20 Always start and end the Bible study with prayer thanking God for His blessings.

It would be good for the Bible study leader or a designated person to bring a dictionary and a large concordance to the Bible study.

We hope that you enjoy this Bible study whether you are working on it independently or in a group.

Thank you for using our discipleship manuals for your Bible study.

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