SESSION SEVEN: RENEWED REPENTANCE



Breaking Free
A JOURNEY TO FREEDOM

Lesson Overview

Video Time: 14:10

Topics Covered:

- Learning how thoughts shape choices and behaviors.
- CCC (Catch it, Challenge it, Change it).

Reflection Questions:

- How does repentance draw you closer to God rather than push you away?
- What does turning back to Christ look like for you in this season?
- What habits or environments make it harder for you to walk in freedom?
- How can CCC help you overcome negative thought patterns and lies in your life?

Inspiration:

Acts 3:19 • Repent therefore, and turn back, that your sins may be blotted out.
Romans 12:2 • Do not be conformed to this world, but be transformed by the renewal of your mind.

Action Step:

Practice CCC (Catch, Challenge, Change). Identify one habit to turn from, renew your thinking with biblical truth, and establish boundaries that support lasting freedom.

CATCH IT
CHALLENGE IT
CHANGE IT

1 Corinthians 10:13

No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it.

Catch It	Challenge It	Change It
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
14.		
15.		



Fight Back!

Catch the thought or lie.
Challenge it with Scripture and truth.
Change your response in obedience to Christ.