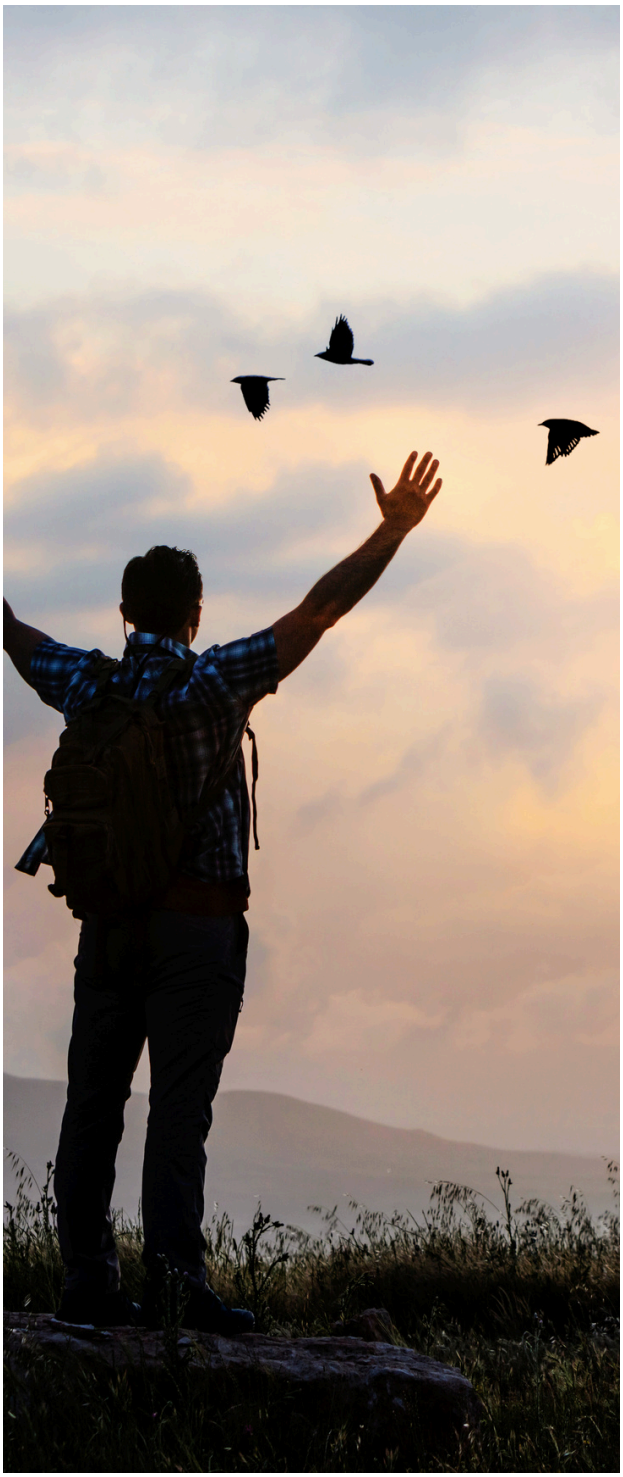
# SESSION FOUR: FREEDOM IN CHRIST



Breaking Free
A JOURNEY TO FREEDOM

## Lesson Overview

**Video Time: 10:54**

**Topics Covered:**

- Invitation to accept Him as Savior and Jesus' power can set you free.
- Overcoming guilt and shame through Christ.

**Reflection Questions:**

- Have you ever felt like you've gone too far to be forgiven?
- How can you accept Jesus' hand reaching out to you?
- What does it mean that Jesus gives freedom freely? Do you believe that?
- Have you ever felt pressure to fix yourself through steps or programs rather than turning to Jesus?

**Inspiration:**

John 8:36 • So if the Son sets you free, you will be free indeed.
Matthew 11:28 • Come to me, all who labor and are heavy laden, and I will give you rest.

**Action Step:**

Accept the invitation to fully trust Christ for healing. Take time every day, praying to Jesus for protection and direction.