

THIS WEEK'S PRAYER:

Jesus,

Thank You for the freedom You have given me.

Help me to stand in what You have already done and not return to the thoughts, habits, and responses You have brought me out of.

Teach me to walk in Your Spirit each day.

When old voices speak or old patterns try to pull me backward, help me recognize Your voice, trust Your Word, and keep walking forward.

Let my life reflect the freedom You have given me.

In Jesus' name,

Amen.

THIS WEEK'S CHALLENGE:

Every morning this week, read Galatians 5:1 and Galatians 5:16 aloud. Then ask yourself:

"What would walking in freedom look like for me today?"

When an old thought, feeling, or pattern tries to pull you backward, pause and choose a different response.

Stand in what Christ has done. Walk in the Spirit. Keep moving forward.

**Week 7 – Walking in Freedom****Galatians 5:1, 16****BIG IDEA:**

Christ has already made us free. Now we must learn to stand in that freedom and walk in the Spirit. Freedom does not mean old thoughts, feelings, or struggles will never return. It means they no longer get to determine how we respond.

We are learning to live as people Christ has already made free.

KEY TRUTHS FROM THIS WEEK

- Christ has already made us free.
- Freedom is not something we earn. It is something Christ has provided.
- We can be free and still think like we are bound.
- Freedom does not mean shame will never speak again.
- Shame no longer gets to determine how we respond.
- An old thought or feeling does not mean we have lost our freedom.
- We stand in what Christ has done and walk in the Spirit.
- God does not restore us so we can live looking backward. He calls us forward.

SCRIPTURES TO REMEMBER

- Galatians 5:1 – “*Stand fast therefore in the liberty by which Christ has made us free...*”
- Galatians 5:16 – “*Walk in the Spirit...*”
- Galatians 5:22–23 - “*But the fruit of the Spirit is love, joy, peace...*”
- Joel 2:28 – “*And it shall come to pass afterward that I will pour out My Spirit on all flesh...*”

PERSONAL REFLECTION

What would walking in freedom look like for me right now?

What old thought, habit, or response am I most tempted to return to?

WALKING IN FREEDOM LOOKS LIKE:

- I stand in what Christ has already done.
- I recognize old voices without automatically believing them.
- I bring what I am carrying into the light instead of hiding.
- I refuse to let my past determine my next step.
- I allow God's Word to shape the way I think.
- I follow the leading of the Spirit.
- When something tries to pull me backward, I keep walking forward.

When The Old Voices Return:

Old voice: “Nothing has really changed.”

Freedom Says: “Christ has made me free.”

Old Voice: “You should go back to hiding.”

Freedom Says: _____

Old Voice: “Your past still determines who you are.”

Freedom Says: _____