

RECALIBRATE

Set Free

April 4th, 2018

Do your best to keep all of your answers to about 30-60 seconds.

Please be respectful in listening to others and in honoring their time.

Galatians 5:1 TPT

Let me be clear, the Anointed One has set us free—not partially, but completely and wonderfully free! We must always cherish this truth and stubbornly refuse to go back into the bondage of our past.

1. If you don't know the people at your table, introduce yourself including your: name, city where you live, and a "10-second tell" about how you connected to River of Life.
2. When we talk about calibration and recalibration which word do you feel applies most to your current spiritual journey?
 - Calibration— I'm trying to get my life in line with Jesus for the first time
 - Recalibration— I'm trying to bring an area of my life more in line with Jesus
3. We talked about ways to hear from God: His Word, His Voice, Repetition, Imagery.
 - How do you most naturally connect with God? (ie: in nature, worship, reading the Bible, etc)
 - How do you know when you are hearing from God?
4. Do you agree that hearing the voice of God the foundation to experiencing freedom?
5. When it comes to hang-ups, habits, and hurts which do you think most consistently keeps you from God and his freedom?
 - **Hang-ups** - a circumstance (good/bad) that keep you from God
 - **Habits** - our own repeated choices that lead our life
 - **Hurts** - physical or emotional pain caused from/by someone or somethingWhat do you need to do to remove those obstacles?
6. What one area would you like God to help you recalibrate in this season?

Homework:

- List the top 25 ways you've been hurt in life... maybe words spoken to you, or an incident that happened, or maybe just a situation of life.
 - You might only get 17 or you might get 33! This isn't psychotherapy, it's just a tool if you want to use it to try and get at those lies that keep you captive to your hang ups and habits.
 - Now part 2 is the important part. Go back through your list and write out what that situation or hurt made you believe about yourself.
 - I'm not good enough, no one loves me. I'm worthless...
 - You will have a lot of situations but as you begin to look at what those situations spoke to you, I believe you will find a pattern of 3-5 mind games.
 - Bring those back next week and we are going to talk about how to recalibrate your mind from those lies to God's truth.