



FREEDOM SESSION

¹Adam lay with his wife Eve, and she became pregnant and gave birth to Cain. She said, “With the help of the LORD I have brought forth a man.” ²Later she gave birth to his brother Abel. Now Abel kept flocks, and Cain worked the soil.

³In the course of time Cain brought some of the fruits of the soil as an offering to the LORD. But Abel brought fat portions from some of the firstborn of his flock.

The LORD looked with favor on Abel and his offering, ⁵but on Cain and his offering he did not look with favor. So Cain was very angry, and his face was downcast.

⁶Then the LORD said to Cain, “Why are you angry? Why is your face downcast? ⁷If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must rule over it.”

⁸Now Cain said to his brother Abel, “Let’s go out to the field.” While they were in the field, Cain attacked his brother Abel and killed him.

⁶Then the LORD said to Cain, “Why are you angry? Why is your face downcast?”

⁸Now Cain said to his brother Abel, “Let’s go out to the field.” While they were in the field, Cain attacked his brother Abel and killed him.

⁹Then the LORD said to Cain, "Where is your brother Abel?"

"I don't know," he replied. "Am I my brother's keeper?"

¹⁰The LORD said, "What have you done? Listen! Your brother's blood cries out to me from the ground. ¹¹Now you are under a curse and driven from the ground, which opened its mouth to receive your brother's blood from your hand. ¹²When you work the ground, it will no longer yield its crops for you. You will be a restless wanderer on the earth."

13Cain said to the LORD, “My punishment is more than I can bear. **14**Today you are driving me from the land, and I will be hidden from your presence; I will be a restless wanderer on the earth, and whoever finds me will kill me.”

¹⁵But the LORD said to him, “Not so; if anyone kills Cain, he will suffer vengeance seven times over.” The the LORD put a mark on Cain so that no one who found him would kill him. ¹⁶So Cain went out from the LORD’s presence and lived in the land of Nod, east of Eden. ¹⁷Cain lay with his wife, and she became pregnant and gave birth to Enoch.

**¹⁵But the LORD said to him, “Not so; if anyone kills Cain, he will suffer vengeance seven times over.” The the LORD put a mark on Cain so that no one who found him would kill him.
¹⁶So Cain went out from the LORD’s presence and lived in the land of Nod, east of Eden.**

...¹⁷Cain lay with his wife, and she became pregnant and gave birth to Enoch.

¹Adam lay with his wife Eve, and she became pregnant and gave birth to Cain. She said, “With the help of the LORD I have brought forth a man.” ²Later she gave birth to his brother Abel.

Now Abel kept flocks, and Cain worked the soil.

The logo for Authentic Living #1, featuring a stylized key icon to the left of the text "AUTHENTIC LIVING #1".

AUTHENTIC LIVING #1

Acknowledge that brokenness exists within my relationships.

The logo for Authentic Living #2, featuring a stylized key icon to the left of the text "AUTHENTIC LIVING #2".

AUTHENTIC LIVING #2

Accept responsibility for the brokenness I contribute.

The logo for Authentic Living #2, featuring a stylized key icon to the left of the text "AUTHENTIC LIVING #2".

AUTHENTIC LIVING #2

Accept responsibility for the brokenness I contribute.

Consider the “Defects of Character” Card.

The logo for Authentic Living #3, featuring a stylized key icon to the left of the text "AUTHENTIC LIVING #3".

**AUTHENTIC
LIVING #3**

Speak into the brokenness of my family and/or relationships.

The logo for Authentic Living #3, featuring a stylized key icon to the left of the text "AUTHENTIC LIVING #3".

Speak into the brokenness of my family and/or relationships.

When in doubt, lean into what is broken and speak.

⁶So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate, and she also gave some to her husband who was with her and he ate.

⁷Then the eyes of both were opened and they knew that they were naked. And they sewed fig leaves together and made themselves loin cloths.

GENESIS 3.6-7

The logo for Authentic Living #3, featuring a stylized key icon to the left of the text "AUTHENTIC LIVING #3".

**AUTHENTIC
LIVING #3**

How to speak into the brokenness...



AUTHENTIC
LIVING #3

How to speak into the brokenness...

Accept responsibility...

The logo for Authentic Living #3, featuring a stylized key icon to the left of the text "AUTHENTIC LIVING #3".

How to speak into the brokenness...

Accept responsibility...

Ask permission...

The logo for Authentic Living #3, featuring a stylized key icon to the left of the text "AUTHENTIC LIVING #3".

How to speak into the brokenness...

***A**ccept responsibility...*

***A**sk permission...*

***A**cknowledge my own struggle...*

AUTHENTIC
LIVING #3

How to speak into the brokenness...

Accept responsibility...

Ask permission...

Acknowledge my own struggle...

ADDRESS *the brokenness...*

AUTHENTIC
+ LIVING #3

How to speak into the brokenness...

***A**ccept responsibility...*

***A**sk permission...*

***A**cknowledge my own struggle...*

***ADDRESS** the brokenness...*

***A**llow the Holy Spirit to bring about the results.*

The logo for Authentic Living #4, featuring a stylized key icon to the left of the text "AUTHENTIC LIVING #4".

**AUTHENTIC
LIVING #4**

Don't let the mistakes of my past take me out of God's plans for my future.

AUTHENTIC
LIVING #4

Don't let the mistakes of my past take me out of God's plans for my future.

Adam lay with his wife again, ...and she gave birth to a son and named him Seth, saying God has granted me another son in place of Abel.

GENESIS 4.24