



# SET FREE

# 1

## **Introduction:**

The Scriptures teach us that whoever the Son sets free is free indeed. Freedom is the bedrock of our culture, our nation, and the longing of every human soul. As we begin the season of Lent, we focus on the abounding freedom we find in Jesus.

## **Scripture:**

*For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—not by works, so that no one can boast. For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.*

— *Ephesians 2:8-10*



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## Discussion Questions:

1. Have you ever had a pet who needed to wear a “cone of shame”? Why did they need it? Did the cone help?
2. What comes to mind when you hear the word “shame”?
3. What is the difference between shame and embarrassment? What is the difference between shame and guilt?
4. Have you ever felt like you were wearing your own “cone of shame”? What was that like?
5. What does freedom from shame feel like? Do you believe freedom from shame is truly possible?
6. When is the last time you thought of yourself as God’s masterpiece?
7. What is one thing that you want to be better at this week than you were last week? What is your Next Step to reach that goal?