



SET FREE

4

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:

*The Lord is compassionate and merciful,
slow to get angry and filled with unfailing love.*

*He will not constantly accuse us,
nor remain angry forever.*

*He does not punish us for all our sins;
he does not deal harshly with us, as we deserve.*

*For his unfailing love toward those who fear him
is as great as the height of the heavens above the earth.*

*He has removed our sins as far from us
as the east is from the west.*

— *Psalm 103:8-12*



SET FREE

4

Discussion Questions:

1. Is there anything in your past that you wish would disappear? Something you'd like to delete or pretend never happened? A bad haircut? Questionable fashion choice?
2. We are the ones who keep playing the highlight reel of our own worst moments. Do you ever feel that way? Why do you think those memories stay with you?
3. How can we really get free from our past? Do you think it's even possible?
4. How does God see you? How is that different from how you see yourself? How can you get closer to viewing yourself the way God sees you?
5. What does it mean to stop replaying our past and start receiving God's grace? Does your past seem louder than God's grace?
6. What is the difference between remembering and reliving? Which do you do more often?
7. What is one behavior/mindset/habit that it's time to "take off" because it doesn't fit anymore?
8. What is God calling you out of? What is God calling you into?