



FREEDOM: Understanding the Wounded Heart

Lesson One: What Is Freedom?

Part One: Course Introduction

It is impossible to live in this fallen world and not experience a wounded heart. God created us to live with freedom, and through Christ He equips us to do just that. Freedom is about recovering our true heart, no longer defining ourselves by our failures, malfunctions, mistakes, or overwhelming emotions.

The goal is to see ourselves and others experiencing a deeper walk with God that looks like greater intimacy with Him, more fruit, and greater Kingdom impact.

Reflect:

1. How have I been defined by failures, powerful emotions, or things that have gone wrong?
2. Have I ever experienced transformation in my life? When? What happened?
3. On a scale of one to ten, with one being lowest and ten being highest, rate where you feel you are in each of the following areas. Mark your answers on the scales below.

Intimacy with God									
1	2	3	4	5	6	7	8	9	10

Fruitfulness									
1	2	3	4	5	6	7	8	9	10

Kingdom Impact									
1	2	3	4	5	6	7	8	9	10



Ask God:

Note: The “Ask God” section is designed to facilitate conversation with God in prayer. If you are unfamiliar with conversational or listening prayer, you may want to read through the helpful guide called “How to ‘Ask God.’” This can be found in the “Resources and Helpful Info” segment near the beginning of the course.

God, I'm stepping out in faith as I take this course. Please join me and help me to find freedom in my walk with You. What do You want me to know as I take this first step?

Practice:

Keep this worksheet! You will need it for Lesson 10.

These Interactive Application worksheets are designed to help you navigate the journey toward freedom. We recommend that you keep them together in a folder or three-ring binder. This will become a keepsake record of the progress in your journey.

Don't underestimate the importance of this. Without a written, tangible record, we often forget how far we've come. With a record, we can marvel at the goodness of God in our lives. We see this biblically in Scriptures like this one:

At the LORD's direction, Moses kept a written record of their progress. These are the stages of their march, identified by the different places where they stopped along the way. Numbers 33:2 NLT

Next Steps

Congratulations! You are on your way! Be sure to move on to Lesson 1, Part 2 as you continue your journey toward freedom!