

# FREEDOM GROUPS

## Chapter Five Leader Guide

*“My son pay attention to what I say; turn your ear to my words. Do not let them out of your sight, keep them within your heart; for they are life to those who find them and health to one’s whole body. Above all else, guard your heart, for everything you do flows from it.” PROVERBS 4:20-23 NIV*

### REMINDER:

- Continue to talk about the Freedom Conference April 17<sup>th</sup> – 18th, encouraging everyone to attend. It will be a powerful time, and you will not want to miss it.

### OVERVIEW:

- The condition of your heart is revealed by outward symptoms (giving in to temptation, depression, anger, lust, etc.). When these symptoms are present, there is a deeper issue, and it is associated with the heart.
- There are four blockages of the heart: selfishness, bitterness, rejection, and evil thoughts.
- To remove the blockage of selfishness, we must actively surrender our lives to God.
- Bitterness occurs and blocks our hearts when we hold on to a hurt caused by another person, and we must live a life of forgiveness to remove the blockage.
- A seed of rejection planted in our lives may also cause a blockage, and we can reverse this curse of rejection by discovering and receiving God’s acceptance of us through the power of His Word.
- Evil thoughts result when we allow ourselves to be exposed to unholy things or speak lies over ourselves. These evil thoughts need to be replaced with truth from God’s Word.
- We need to take steps to remove these blockages from our hearts to help us live in freedom.

- Invite the Holy Spirit to show you any way in which your heart is blocked. Invite Him to show you, change you and fill you so that your heart will be full of only what is good.

#### **DISCUSSION GUIDE:**

- We reviewed how there are blockages of the heart such as selfishness, bitterness, rejection, evil thoughts. Is there an area where God is asking you to cleanse your heart?
- Is there a part of your past that is holding you back from closeness to God?
- What steps do you need to take to transform your heart and live a full life with the Father?

#### **PRAYER FOCUS:**

- Pray that each participant recognizes any selfishness, bitterness, rejection, or evil thoughts that are blocking their heart from all God has for them.
- Pray that they are open to the Holy Spirit showing them these areas, changing them, blessing and filling them with truth!