



Freedom
Prayer

It was for freedom that Christ set us free...

Freedom Tools Discussion Guide

For use with Freedom Tools, 2nd Ed.
By Andy Reese and Jennifer Barnett

www.freedomprayer.org

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Freedom Tools 2nd Edition Discussion Guide

**By
Andy Reese and Jennifer Barnett**

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Freedom Tools Discussion Guide

Introduction

This publication is intended to be a companion to the book *Freedom Tools, 2nd Edition*, by Andy Reese and Jennifer Barnett (Chosen Books, 2015). Freedom Tools is designed to be an in-depth discussion of and user manual for Freedom Prayer complete with many stories and illustrations. It works well for small group and church discussions. This book is designed to facilitate such meetings and contains questions, thoughts, and exercises.

In our own experience it is effective to:

1. discuss the foundations together and especially to ask yourself, others and God to search you and to see if these foundations are part of who you are, or what steps are necessary to make them so; and to,
2. walk through the tools and techniques trying them out on each other in an atmosphere of love, safety and even fun.

The foundations part of the book is there to challenge our thinking and beliefs. There are no regurgitation questions! It will challenge you, and maybe stretch you too. Do not skip it. It is those beliefs and practices that set the stage for ministry. Without them ministry can be a disaster. Trust me on this one!

It might be that some of the questions will stir up strong feelings or pain. That is a good time to throw the book down and to pray for each other for real. That would mean this book has done its job – helping things to get real, helping people to get free.

A word of caution. The things that may be stirred up when going through the Foundation part of the book can best be dealt with when you have gained some understanding and mastery of the tools of the other two parts of the book.

In our experience God likes to sit in on these kinds of discussions. It is a great time to explore together and see what he brings up. These discussion questions are designed to be like a good piece of hard candy. Take some time to savor them and think about them. They are not designed for pat or even “right” answers but to lead you to think before God about your own understanding of the world and of truth. Take them one at a time and just share back and forth. When you feel you’re done move on.

Happy hunting !!

Andy Reese and Jennifer Barnett

September 2015

Chapter 1. Polite Society

Overview

We are not very good at helping each other emotionally. This chapter is about all that. Its purpose is to help you both see the dilemma and to consider your own approaches to solving or avoiding it. The chapter is also designed to encourage you that it is not very hard to get a lot better at both understanding your “stuff” and helping another to begin to tackle theirs.

It’s a set up.

Discussion Questions

1. The quote from Chesterton on p.21 talks about the perils of passivity and of ignorance. Why do you think men rarely act in defense of their spiritual wellbeing? What are some ideas on the source of the “fate” Chesterton is talking about?
2. Can you think of a time when you wished you could have been more helpful to someone in need? Share it. What limited you? How did it go?
3. What about when you yourself were hurting. What did you feel like you wanted or needed from another at that time? What did you NOT want?
4. What has been your primary source(s) of helpful information on how to help hurting people or those who feel estranged from God? What do you feel you lack?
5. On p.28 we talk about the “moment-by-moment partnership with God”. Does that term encourage or scare you...or both? Why do you think that is so?
6. On p.29 we give a list of scriptural commands or invitations to help another person. Read over the list and look up the ones you do not know. Do those scriptures convince you that this is God’s desire for all believers? Why or why not?
7. On p.31 we talk about the difference between counseling and Freedom Prayer? When you think about the two how do they differ and how do they complement? What do you think Amy Black means when she says she has worked herself “out of a job”?
8. When you think about “spiritual” ministry versus scientific methods of counseling and therapy what concerns or fears do you have in being a “lay” minister or in being “ministered to” by a non-professional?
9. On p.33 various pastors give their thoughts about Freedom Prayer. What concerns do you think a pastor might have when being introduced to this concept by someone in their church?
10. What was your favorite truth or statement in the Chapter? Why? What confused you most? What did you disagree with most? Why?

Exercise/Homework

Let’s say that our friend Bob just lost his cool, yelled at his child, and feels like a real heel of a dad. With the knowledge you now have, how might you go about helping Bob? What might he need to hear and do right now? Is there a scripture that jumps out at you that might shed light on the situation?

Part 1 The Ten Foundations

Chapter 2. Two Foundations About God

One of the hardest things for us is to try to comprehend just how good God is and just how much He has done for us through Jesus Christ. In fact, Paul tells us in Romans chapter 5 just how little sin colors His deep and abiding affection for us. Yet we can have a mixed idea of God. Why is that?

Foundation #1 – God is Good, Satan is Bad

Discussion Questions

1. Betsy comes to you to talk about her mother and what happened. What might you say to her?
2. Can you think of a time when you were not sure things were from God or Satan? How did you resolve or handle that thought? How do you feel about that now?
3. Think about what you believe or have been taught about the character of God. How does what you currently believe conflict with the “warfare understanding” laid out and Coffin’s quote on p.45?
4. What are some thoughts on the statement: “why do bad things happen to innocents or to “good” people?” What is your understanding of the statement “God allowed this to happen to me”?
5. Look at James 1:5-7 and 13-18. Based on those verses, how might a belief that God is the source of pain and suffering interfere with our ability to receive from God or even in His ability to give us what we need?
6. On p.47 we say that God is “a better chess player than Satan.” When you think about hard life circumstances can you see how they were used for good in your life? Share it if you can.
7. Do you think this chapter is “soft on sin”? Read Romans chapter 5 for some insight. How does sin and rebellion factor into what has been given in this first foundation?
8. Do you think it is OK to live with the idea of mystery - that is: I do not everything figured out? How might John 10:10 (p.48) influence that thought?
9. When you see God face to face and ask Him about this pain and suffering issue do you think He will have a satisfying answer for you? How does that make you feel right now?
10. What was your favorite truth or statement in the section? Why? What confused you most? What did you disagree with most? Why?

Exercise/Homework

Close your eyes and let your inner screen come alive. When I say the term “God the Father” what heart picture do you have? What does “God the Father” feel like to you? Share it with your group. How does your picture square with the picture Jesus gives us of the Father? If it is different, why do you think that is so? Ask Jesus, with the help of your group, to give you one thing you can do to help bring your picture closer to what Jesus portrays in the New Testament.

Restate this Foundation in your own words.
Why do you think it is important?
How true does this foundation sound to your heart?
What things might you do to strengthen this foundation in your beliefs and life?

Foundation #2 – Your Freedom is God’s Will

Discussion Questions

1. Think about the parable of the steward who buried his talent (Matt 25:14-30). How did that servant’s personal attitude about God impact his life? What are some reasons the master angry with him?
2. Look at the story of the Prodigal Son and his older brother in Luke 15:11-32. How did the two sons differ at the beginning of the story? How about at the end? Which of the two would you rather have been?
3. Think about your own life and relationship with God? Is it relatively easy or hard to feel God loves you? Any thoughts on why that might be so?
4. When you think of the issues and hurts that most hold you back from spiritual growth, happiness or being who you know you really are, what makes it so hard to change or even to believe you could change? Discuss it with the group.
5. On p.49 we state that “Everything in your life that is not part of God’s purpose for you is fair game for removal”. Is there something about yourself or your situation you know is not right or seems harmful to you? Based on that statement how might your prayer to God about it change?
6. Discuss the statement on p.50, “God comes at us from our destiny not our history.” Do you think that statement is true? How might that change your attitude about God and His dealings with you? Give an example.
7. Complete this statement: “One purpose for why I was created is...”
8. What was your favorite truth or statement in the section? Why? What confused you most? What did you disagree with most? Why?

Exercise/Homework

Read through the Father’s Love Letter slowly together letting each truth soak in. Be aware of how you feel on the inside, try to sense your inner person – your spirit. Make a mental note of those phrases that seem hardest to believe or take in. At the end discuss together which they were and why.

Pray for each other in those areas and agree to meditate on those truths throughout the week. You might even agree to check in with each other during the week (coffee is a great lubricant!) to see how you are doing with your toughest couple truths.

Restate this Foundation in your own words. Why do you think it is important? How true does this foundation sound to your heart? What things might you do to strengthen this foundation in your beliefs and life?

Chapter 3. Two Foundations about Our Enemy

Recognizing and believing that there are dark spirits at work now in the “sons of disobedience” (Eph 2:2) is not hard for a believer who is open to the fact that there might even be spirits. But it is a lot more difficult to think that demons have an influence in my own life, and in the lives of those I most love. Yet scripture is abundantly clear that this is the case. It is equally clear that this is NOT God’s highest and best for us and He has given us clear ways to be rid of it.

Foundation #3 – We Have Hidden Enemies

Discussion Questions

1. Talk about your belief in demons and the ability of a Christian to “have a demon”. What has your belief system been? How is this foundation different from the “possessed by a demon” mentality or from your current belief?
2. Why do you think the media often makes “demon stuff” so dark, powerful and terrorizing? If you were the devil would you want it that way? Why or why not?
3. Thinking about 2 Tim 2:24-26, how might someone become ensnared by the devil? What might the kickoff and then building steps look like?
4. How are temptations and trials different and how might they be similar? How might a “test” from God differ from a temptation or trial from the devil? How would you know? How would your reaction or response differ?
5. In 1 Tim 4:1 on p.60 Paul states that there are “doctrines of demons”. Look at how Satan distorted God and His word in the eyes of Eve in Genesis 3:1-6.
 - What did she believe about God that was not true?
 - How did she distort His command to them about the fruit on the tree?
 - Think realistically – how might the demonic realm slip doctrines that are partially false into your life? What are some ways to protect yourself?
6. From p.60, share with each other how you, yourself may have “let the sun go down on your anger”? What might you do differently as a result of this chapter’s truths?
7. What was your favorite truth or statement in the section? Why? What confused you most? What did you disagree with most? Why?

Exercise/Homework

Here are some scriptures that contain more examples of demonic influence. Assign each person a scripture and ask them to read it and tell how this might look in real life. If you have experienced this tell your story.

Ps. 101:3; Luke 9:54; 22:31; John 8:43; 13:2; Acts 5:3; 1 Cor. 10:20; 2 Cor. 4:3; 2 Cor. 11:3, 2 Cor.11:13; Eph. 2:1; 1 Tim. 3:6; 1 Tim. 5:14; Heb. 2:14; James 3:14; 1 John 5:19.

Restate this Foundation in your own words.

Why do you think it is important?
How true does this foundation sound to your heart?

What things might you do to strengthen this foundation in your beliefs and life?

Foundation #4 – Issues Are Not Random

Discussion Questions

1. Think about Ben's story. How do you think the devil knew about Ben's purpose? Why would the devil focus on that part of a person?
2. On p.66 we talk about three things: identity, destiny and purpose. Based on what is shared on that page and what are some differences and similarities among these three important concepts?
3. The teaching at www.freedomprayer.org called "Free Beyond Imagining" talks all about our identity. The video "Finding Your Destiny" talks about destiny and purpose.
 - What comes to mind when you think of the terms "my identity in Christ"?
 - On p.66 read the three scriptures given that define what the bible says about destiny. In your own words what is your "destiny"?
4. Carefully read Eph 2:10
 - What does the term "workmanship" imply about you?
 - Give one reason, according to this verse, that were you created?
 - How might you go about living this verse tomorrow?
5. Read Eph 4:7 and 11-16
 - Thinking about the idea of a "metron" what do you think Ben's metron might be?
 - What is the role of your pastor and leaders in these verses (verses 11-12)?
 - What might your role with respect to a good friend be (verses 15-16)?
6. If you were asked right now to identify something about your own "metron" how would you describe it (you don't have to have it figured out). How would knowing your metron change your life...tomorrow?
7. What was your favorite truth or statement in the section? Why? What confused you most? What did you disagree with most? Why?

Exercise/Homework

Watch the video "Finding Your Destiny" at www.freedomprayer.org to understand about finding your purpose.

Reread Ben's story and the examples at the end of the chapter. Stop and have a time of meditation, even play some good "soaking music". Ask God to show you something of your "metron". Look to see where God may have encouraged you in its development and use. If money were not an obstacle and fear were not a factor what would you be doing with your life right now?

Let others in the group tell what they see in you. Work with another or within your group to discuss each person's metron. Can you see a pattern of resistance and sabotage against your metron? Take your time – this is important! Pray for each other for the establishment of your destiny and calling.

Restate this Foundation in your own words. Why do you think it is important? How true does this foundation sound to your heart? What things might you do to strengthen this foundation in your beliefs and life?

Chapter 4. Two Foundations about Us

We know that God began a good work in us and will bring it to perfection. I am not sure you can speed things up very much but I know from experience you can slow them down a good deal! When we come to the realization that the detractors in our lives are not permanent we can be greatly encouraged – change is possible, the things that bring us pain and others discomfort can be radically healed. We can be the person we know is inside of us and God is at work with us. It is a lifelong wonderful partnership. And with just a little understanding we are on our way.

Foundation #5 – There Is Always a Reason

Discussion Questions

1. The idea of sowing and reaping seems to be throughout the bible. Many religions believe strongly in the sowing and reaping idea. Some have named it “the Law of Attraction” when applied to our thought life and belief system. What is your understanding of that concept? Read Gal 6: 7-8 and Col 3:25. What do you think empowers this law? How can this idea be misused and abused?
2. Are things that happen to me always “my fault”? Is it always necessary to find the first time something happened? Look at the different ways Jesus approaches this issue in John 5:14 and John 9:1-4. How can you explain that?
3. If it is a “law” then how can we get “off the hook”? How might Rom 5:6-10, 18-19 help answer that question?
4. We inherit physically, emotionally/mentally and spiritually. One thing that often confuses people is the idea that something from my ancestors can still impact me. How might this be explained rationally or scientifically? How might it be explained spiritually? Do you have a personal example to share? See Ex 34:6-7 and Gal 3:10-14 for more.
5. On p.76 we say that time does not heal wounds but only makes us forget what is killing us. Why do you think that a painful and wounding memory stays so fresh and powerful when it is suddenly brought to mind or stirred up?
6. When you look at the examples on p.77 how much of this “law” plays out inside of us in our beliefs and thoughts and how much plays out outside us in the physical or spiritual realm? Are the two realms connected? How?
7. What was your favorite truth or statement in the section? Why? What confused you most? What did you disagree with most? Why?

Exercise/Homework

Reread the cause and effect examples on page 77. Stop and be still with God. Ask God to show you cause and effect in your own life. You do not have to figure things out for yourself – that is too hard.

Ask Him to show you. Pay attention to thoughts, memories, pictures, etc. that suddenly come into your mind. Also pay attention for the next week to situations that may give you light.

Pray Psalm 139:23-24.

Work with another to talk about causes, first occurrences, etc. Bring them to God and ask Him what he thinks about them or might want to do about them.

Restate this Foundation in your own words. Why do you think it is important? How true does this foundation sound to your heart? What things might you do to strengthen this foundation in your beliefs and life?

Foundation #6 – Prisoners and Captives

Discussion Questions

1. Look at the list of core lies on page 82. Run your eyes down that list and share which of those lies has the most meaning to you. Why? Why are children so susceptible to such core lies?
2. Why doesn't God just protect children from such things? In Luke 17:1-2 God depicts His hatred of those who cause children to stumble? Why does it so enrage Him? What might that say about Him and the nature of the world?
3. In Mt 18:3 Jesus says, "Unless you change and become like little children you will never enter the kingdom of heaven." What might it be about a child that makes them natural to enter heaven's kingdom? How then do I change to become more childlike? What might that suggest about the reasons for the devil's plans against children?
4. Pages 79-85 talk about a progression into bondage: suggestion/situation – impression – oppression – obsession. Think about a particular sin area (for example, the area of sexual or pornographic bondage) and talk about how these steps work with that particular area. Why do you think people are so susceptible to addictive bondage?
5. Look at the ways that people react to pain in their lives on page 83 and 84. Why do people react these different ways? What are they after or what need are they trying to fill? How might this look in people you encounter in the real world, maybe in your world?
6. Some sin is a reaction to pain - captives. Some sin is a response to temptation - prisoners. Give an example or two of each that you might be familiar with. Do you think any sin is purely a "prisoner" thing or is there always a "captive" element?
7. Why do you think some people eventually just learn to cope with their pain and sin?
8. What was your favorite truth or statement in the section? Why? What confused you most? What did you disagree with most? Why?

Exercise/Homework

Listen to the downloadable teaching on how strongholds form and how to defeat them called "Winning the Daily Battle" at <http://freedomprayer.org>.

Meet with someone and talk about a specific battle you want to engage in within your own life.

Help each other plan a resistance tactic and hold each other transparent in that battle for a period of one month.

Restate this Foundation in your own words. Why do you think it is important? How true does this foundation sound to your heart? What things might you do to strengthen this foundation in your beliefs and life?

Chapter 5. Two Foundations about Being a First Responder

Two main truths frame how we serve as first responders in the lives of friends and family. It is most important to work with God in the context of biblical truth and real-time interaction. It is equally important to remember that to be an effective first responder what we bring to someone must be both gentle and powerful truth in line with biblical revelation.

Foundation #7 – Partners With God

Discussion Questions

1. On the bottom of page 88 we mention that partnering with God can be stretching. How does the idea of “I will go with you” both comfort and scare you? How might that differ from “go out and win souls for God”?
2. How do you feel when someone says, “God told me”? What might be true about that statement and what are some cautions? How does the discussion on discerning the three voices on p. 91 help?
3. Romans 8:14 says that one way we know someone is a Christian is this: “For all who are being led by the Spirit of God, these are sons of God.” What does that mean to you? Talk realistically about how that might appear or happen.
4. We state on page 90 “Some think it is presumption to expect God to speak to you in a ministry setting. We think it is presumption not to.” That reflects two fairly different ways of thinking about how active God is in real-time in a ministry setting.
 - How do you balance use of your brain & knowledge and dependence on God?
 - Is that hard? If so, what makes it hard?
 - It can be pictured like two ends of a spectrum. What might some dangers be if we dwell only at one end of it?
5. How did Jesus walk this out? For help in seeing the proper use of both aspects of the continuum see John 5:19, 30, 8:28, 12:49, 14:10 and then Matt 4:4, 4:7, 4:10, 21:13, 26:24.
6. Can you recall a time when you trusted God in a specific way (e.g. show me which bus to catch) and He did not seem to come through for you? How might that be different from simply trusting Papa to come through in any way He chooses in a ministry setting?
7. What was your favorite truth or statement in the section? Why? What confused you most? What did you disagree with most? Why?

Exercise/Homework

See if you can, as a group, discern the three screens. With eyes closed purpose to access each screen – (1) make a sound or feel body sensation, (2) bring up a memory, (3) imagine something. See if you can feel the difference.

Restate this Foundation in your own words.
Why do you think it is important?
How true does this foundation sound to your heart?
What things might you do to strengthen this foundation in your beliefs and life?

Foundation #8 – A Culture of Honor

Discussion Questions

1. What are some reasons people in church settings (not to mention outside the church) do not confess their sins to each other or share a deep need or fear?
2. Think about the idea of you sharing your worst fears and most demeaning and exposing sins with someone, maybe two strangers. What would you feel, fear, and think? What would it take to make you more comfortable?
3. What do you think 1 Pet 4:8 means when he says, “Keep fervent in your love for one another, because love covers a multitude of sins.”?
 - Are you your “brother’s keeper”? What is wrong with just overlooking sin? (See Jam 5:20).
 - On the other hand, what is the danger in simply exposing sin in someone? See Prov 10:12, 17:9)
4. Gal 6:1-2 gives us the spirit of handling sin in another. Talk together about each phrase and word so you can catch the spirit of what is given. This is a culture of honor.
5. Look at Eph 4:15-16. What causes the body of Christ to grow and mature? How do “truth” and “love” balance each other? When you think of “ligaments” how would you characterize their function and look/feel. What might “ligament relationships” look like?
6. On p.97 why do we ask permission to touch someone? What does “safe touch” look and feel like to the person and an observer? How could inappropriate or distracting touching harm what is happening?
7. On pages 98-100 we tackle head-on the concept of being “prophetic”. We know sometimes in church settings these things take on strangely stylistic and unnatural forms. That is NOT us!
 - In 1 Cor 14:1-4 Paul strongly urges us all to be prophetic. But what does that mean? Define the three terms Paul uses to describe it in your own words.
 - Describe the concept of “prophetic” in your own words using no church terms.
 - On p.98 we share the verses on “quenching” and “grieving” the Holy Spirit during a ministry session. In your own words describe some ways those two things can (or have) happen.

Exercise/Homework

Download and read “Awakening Your Ability to Better Interact with God” from www.freedomprayer.org. This is an exercise that you can do without any teaching at all but it is good to keep in mind that what you are doing, when you rely on God for input, is “prophetic”.

Put one person at a time on the “hot seat” and together consider his or her life in a loving and encouraging way. Ask God what nice thing He sees in them. Brag about what you hear or see in each person, what you have experienced from them that is of God?

Take your time, it may take several rounds to go through it – let tears flow and pray for each one blessing them before you switch hot seat people. Remember: no negatives or advice!

Restate this Foundation in your own words.

Why do you think it is important?

How true does this foundation sound to your heart?

What things might you do to strengthen this foundation in your beliefs and life?

Chapter 6. Two Foundations about Tools and Process

In this chapter we begin to turn a corner toward a practical application and practical understanding of Freedom Tools. The purpose of this chapter is to do two things: (1) provide an introduction to a structured understanding of the kinds of tools God provides for our freedom; and (2) bring about an understanding that there is a process that is at work throughout our lives and that we can both engage and enjoy the process and find our lives and destinies while in the midst of the process.

Foundation #9 – Apply God’s Solutions

Discussion Questions

1. Sometimes we hear that something is “just so much talk”. Other times we are very impacted by words. What are some things that made the difference for you?
 - What does it mean that “death and life are in the power of the tongue” (Prov. 18:21)?
 - Jesus in Mark 7:6 shows the difference between meaningful words and empty words. What is the difference here?
 - Prov 4:23 says to watch over your heart because out of it flows the things that propel your life. Jesus said that the mouth speaks what the heart is full of (Mt 12:34-36).

Think about the idea that if my heart is behind my mouth’s words then they carry force and power to bring about change – in me and in the world that impacts me. Can you think of some examples in everyday life where this is true?

2. On pages 105 and 106 we translate 2 Cor. 10:3-5 literally. What is it that we are doing when we say we are doing “spiritual warfare” according to those verses? What is it that we are demolishing or destroying? How does that look in the real world – your world for instance?
3. When people came to Jesus and said “you have the words of life” what do you think they meant or felt? See Jn. 6:63, 68.
4. Gail Saltz’s quote on pages 106-107 refers to the unconscious stories we have inside of us. How would you put that concept in your own words, how would you frame it? How might an approach that is “non-rational” but more intuitive be more powerful than one that is pure logic? What might be the dangers or weaknesses of a more intuitive approach such as suggested by Saltz?

Exercise/Homework

Think about the things you say to yourself or have said that you now want to take back. Can you? We think so. Here are some common examples. For each one what might you say or do to undo it?

- You called spoke harshly to another calling them names.
- You often say to yourself, “I am such an idiot!!”
- You pledged membership in an organization speaking vows you now regret.
- You find you often promise to be somewhere or do something but have no intention of following through.

Restate this Foundation in your own words.
 Why do you think it is important?
 How true does this foundation sound to your heart?
 What things might you do to strengthen this foundation in your beliefs and life?

Foundation #10 – An Event and a Process

Discussion Questions

1. What is the difference between “process” and “event” in how we grow and change? How do they both come into play in Christian growth?
 - Can you share an event that radically changed some part of you?
 - Can you describe a period when you grew fairly rapidly over time? What made that happen?
2. We all have sin. None of us have reached perfection. On page 110 we talk about you “being okay and attractive to Him even while things are taking time.” How does that thought sit with you – I am OK even if I know things need to change?
3. Read Phil 1:6 and 2:12-13. What might your role(s) be in your growth compared to God’s role(s) in bringing about growth and maturity in your life?
4. Does everyone attain their God-given purpose? If not, what are some reasons they do not? Do you think God compares you to others? Why or why not?
5. When you look at your own life how is your own sin and failure normally handled? Do you feel it is dealt with in a clean way that has finality to it or is there more of a lingering guilt? Why is this so? How is wounding handled in your life and circle of friends – let’s say unintentional wounding among or between friends or co-workers?
6. How many times a day will God forgive our sin? How does the guilt or sorrow you feel when you sin work to lead to you repentance? Is that a good thing? What does it say about you? Look at 2 Cor 7:10 for insight on this.

Exercise/Homework

Think about your own life and the illustration of the balloon rising until it is caught up short by a constraint in a person’s life. Close your eyes and ask Jesus what is the constraint that you now face that: (1) keeps you from rising to the next level; (2) that is targeted at your “metron”; or, (3) that causes you to stumble or sink down to a lower level of spiritual maturity and confidence before God and men than you know you could be at?

Would you be willing to share that constraint with another in your group and agree to pray for each other this week in that area?

Restate this Foundation in your own words.
Why do you think it is important?
How true does this foundation sound to your heart?
What things might you do to strengthen this foundation in your beliefs and life?



Part 2 Getting Started

Chapter 7. Key Elements

In this chapter we give details on an initial framing of the Freedom Prayer ministry model. All sozo practitioners take a little different approach based on their own experience and comfort level and the tools that seem to “fit their hand” the best. This chapter simply lays out some basic understandings and approaches to organize things a bit for us – to simplify.

WESUD

Discussion Questions

1. Look at the four parables in Luke 15. For each of the four discuss the following questions:
 - Why is the particular focus of the parable the object or character that it is? How does that choice of parable focus (coin, sheep, younger son, older brother) well represent the point of the parable? For example, what is it about a coin that makes it the perfect focus for this parable?
 - What name or title can you give to the type of failing or situation the person is – what category?
 - What does that sort of thing look like in real life? Describe a real-life situation that illustrates this kind of issue, perhaps from your own life.
 - Why do you think that God is represented by the particular character in the parable?
 - What are the ministry steps of restoration or symbolic things happen in the parable? How do those things address the key issues inherent in the situation?
 - Why is a party (celebration) important?
2. In what ways is the “parable of the older brother” different from the other three? Why do you think God did it that way?
3. The “D” part of WESUD is not contained in parables. Why do you think it is different? How does it influence or impact the other four?
4. Can you think of any other major kind of issue that these four do not cover?

Exercise/Homework

Think about your own life and a current or past situation, or a situation you are dealing with in the life of a family member, friend, or co-worker. Categorize it into one of the four areas. How was it dealt with? How might you do things differently?

Based only on what you have discussed and what you now understand, can you lay out steps or a roadmap to freedom or restoration using your own issue?

Take each of the first four parts of WESUD. Explain each one in your own words. Can you tell about the different ways God worked with the different issues? Try it and see if you can shake that knowledge down into your heart.

The Fruit Loop

Discussion Questions

1. In the book we indicate that the Fruit Loop is not so much steps as road signs. What is the difference in understanding “steps” verses “parts/phases” of the Fruit Loop?
2. Look at the five parts of the Fruit Loop. Can you write a short objective statement for each of the five parts that fills in the end of the sentence: “the purpose of this part/phase of the Fruit Loop is to _____”.
3. What might be some differences in dealing with the “actions” of someone verses dealing with the “roots” of those actions? Use an outburst of anger in a conversation as an example.
4. What might be some dangers of delving into “roots” verses simply dealing with the “behavior”? Does it make you uncomfortable to look at “roots”? If so, why?
5. Why do you think the “Loot” and “Scoot” steps are so important but often neglected?
6. Talk about the difference between “fixing a person’s issues” versus “focusing on one particular area”. What might be a negative result if I try to help resolve an issue that God is not ready to address in a person’s life?

Exercise/Homework

Work with someone to walk through two example Freedom Prayer-like encounters and brainstorm how the Fruit Loop might be used.

Situation #1 – Your child is caught in a lie about where he was spending the night. You are sitting down with him to talk about it.

Situation #2 – Your friend reacted with strong and inappropriate emotion when he was not included in a dinner party. He wants to get together to “try to make things right”.

Look at the Fruit Loop discussion points on p.122 for help in each of the “steps”.

For example in Situation #1:

Fruit: What actually happened? What was the child’s intent? Any extenuating circumstances? WESUD category (ies)? How did they feel when it happened or when they did it?

Root: What were they afraid of that caused them to do this? Why was this more important than a truthful relationship? Is there something in the parent-child relationship that is amiss? What was the legitimate need they were meeting in this illegitimate way? What does the parent need to confess or say?

Boot: What needs to be fixed and how do we fix it?

Loot: How can we bless, commit, promise, love, and get on the same team and meet the legitimate need?

Scoot: How can we purpose to do it better next time? How can we be more honest with each other about needs? Is there anything we need to set up to bring about better consistent communications? Any messes to clean up with friends or other parents?

Can you take each of the parts of the Fruit Loop and tell what it is and a couple things you might think about doing as part of each step?

Ready? Try it “live” within yourself or with a friend. Feel yourself depend on God. Where do you get stuck? What additional knowledge would be critically helpful?

Doing Kingdom Business

Discussion Questions

1. When you think about the things of WESUD (wounding, entanglements, sin, ungodly beliefs and demonic invasion) you can construct ways to cut off, stop or counter the trouble you got into. We call these ways Doing Kingdom Business. Take an example of each different area of WESUD and think about it together. Talk through how each might be used. For example, in the case of someone who is hurt by a father that abandoned them how might some of these come into play? How about for someone who got caught up in the occult? Someone who steals? Someone who believes God is judgmental and angry?
 - Forgiving
 - Breaking Agreement
 - Confessing and Repentance
 - Renouncing
 - Cast Away
2. For each of the five bullets above there is a positive side that might be the “Loot” part of the Fruit Loop. For example under “forgive” the positive step might include blessing the person with what God wants for them. What might other positive sides be for the other bullets? Hint: If I have renounced something what takes its place? If I break something what do I replace it with what is good and true and biblical?
3. If we forgive someone who continues to hurt or try to harm us how might that change our relationship with them? How might it stay the same? How might the concept of appropriate personal boundaries fit into this discussion?
4. Why is it sometimes hard to receive forgiveness from another or from God? What can you do to make it easier?
5. Can you, or should you be able to forgive God? Does He ever do anything wrong? Look on page 126 for help.

Exercise/Homework

Look at the symptoms of harbored unforgiveness on page 125. Think about your relationships. Close your eyes and ask Jesus to show you if there is anyone you have not forgiven or stopped judging.

Work with a friend through the parts of forgiveness given on page 125: (1) forgiving debt owed, (2) refusing to judge anymore, and (3) letting go of the expectation that the person will fill the need in your life even if it is a legitimate need that they have a responsibility to meet and asking Jesus to heal the places in you that the other person has wounded.

The last part might also involve Him showing you places in you that need to be changed to make you less easily triggered by someone’s actions against you.

Ask Jesus if there is anything you need to know about the boundaries in any future relationship.

Work or practice with each other until you feel fairly comfortable leading someone through the parts of Doing Kingdom Business.

Remember, rely on God.

Chapter 8. Putting it Together

In this chapter we pull the parts of ministry into a sort of framework. There is a diagram here that may look complex initially. It is meant to be a sort of exhaustive one-stop-shopping and not to be something to memorize. It will become intuitive after a couple of times together in ministry and you will find that, for example, the flow of the Fruit Loop or the recognition of the elements of WESUD are very simple. There is a somewhat simplified diagram without some of the detail on the next page that several of our practitioners use in a ministry session.

Discussion Questions

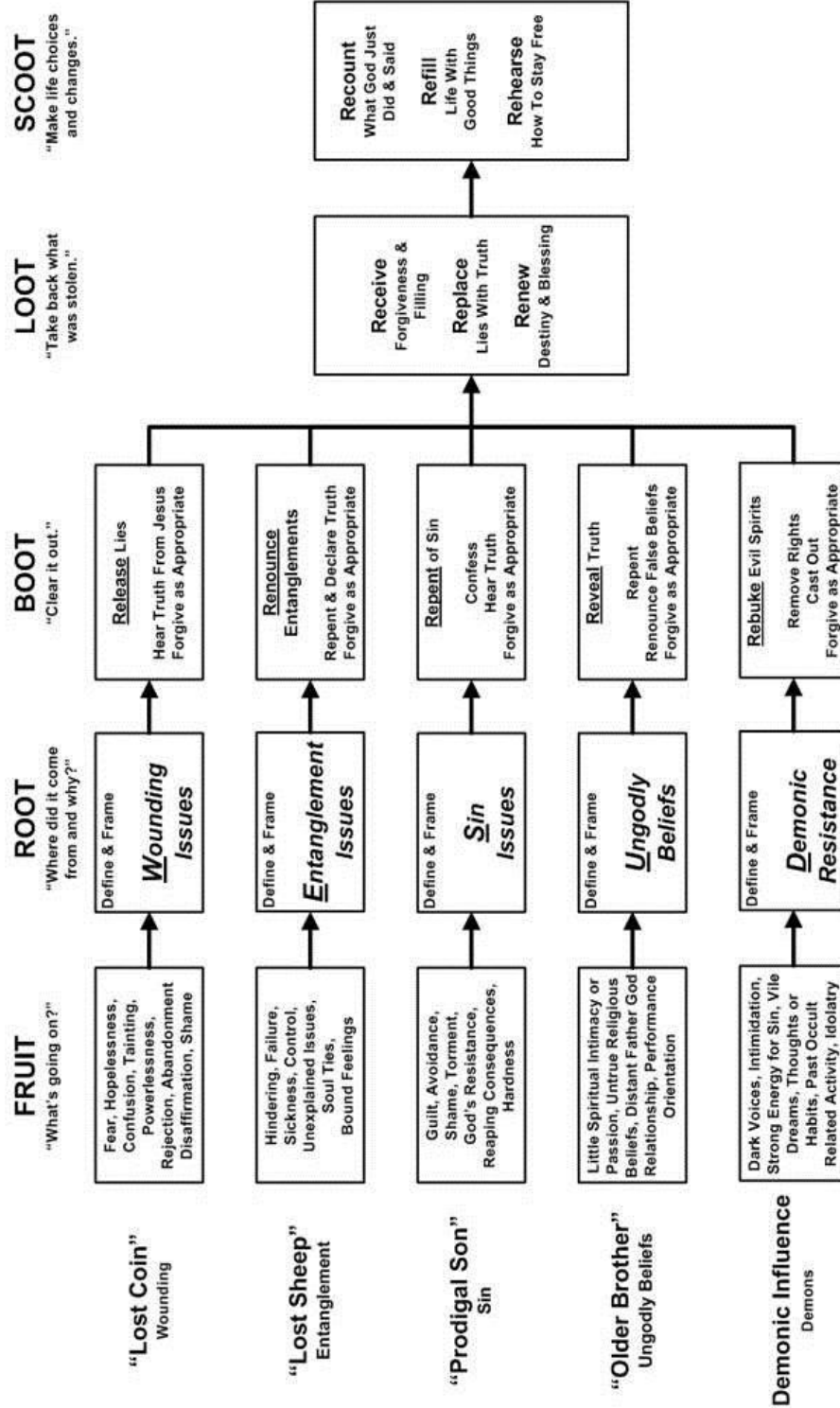
1. Review each of the three aspects of simple Freedom Prayer ministry and explain each of the aspects in one sentence that goes like: "The role that _____ plays in the Freedom Prayer structure is to _____"
 - WESUD -
 - The Fruit Loop -
 - Doing Kingdom Business –
2. Pick one issue that fits into each of the lines in the Snappy Diagram on p.138 and walk through it with your group or a partner. How might you put words into each step? What parts seem vague or hard for you? Reread that step in the text to see if it gives you some help or guidance.
3. On p.136 we talk about giving someone a voice and asking them to be "the reporter". What is the person reporting on? Hint: Think about the three windows and how we hear God. Might they also be simply monitoring their feelings? Why would it be important for them to report the first thing that pops up when we ask God a question? What might the dangers be if they think too long or try to analyze?
4. The Boot step is where we "Do Kingdom Business" such as renouncing what we have done, confessing and repenting of sin, forgiving, etc. Discuss each of the lines in the Boot step in the Snappy Diagram (Forgive and release lies, etc.) Put language to each of those terms. For example, what wording might go into "Renounce Lies and Reveal Truth"?
5. We have said earlier that it is not effective to just have a person parrot some words during a "repeat after me" prayer. What are some ways we can go about making these statements they make more real and effective?
6. It can feel a bit different to refer things to God for help. What might some fears or hindrances be when you say, "close your eyes and let's ask God...repeat after me...Jesus will you show...?" How might you overcome them?

Exercise/Homework

Pick a real-life issue that fits into one of the buckets of WESUD (say "Sin") and follow that line in the "Snappy Diagram" from left to right. Walk through the steps of the Fruit Loop for that line with a friend. Practice on each other. Make sure to invite God to walk with you and work in light of His presence, referring things to Him.

And don't worry if God leads you right off the diagram. Just make pretty sure it is God and not you forgetting, chasing rabbits, or getting overly conversational!

The goal of this chapter is for you to feel comfortable seeing the big picture of the kinds of issues (WESUD) the Fruit Loop parts of ministry and some Doing Kingdom Business actions you can take throughout a ministry time.



Part 3 More Advanced Tools

Chapter 9. The Four Doors

In this chapter we give one approach in doing a personal assessment – sort of an inventory about the most common types of issues facing an individual. Take your time during this chapter to begin to become adept at walking someone through the Fruit Loop and steps toward freedom.

Discussion Questions

1. In some parts of the early church, and today in some parts of the world, when someone wants to become a Christian and join a church there is a process they must go through – one of cleansing and learning. Why might that be a good thing? What might be hard about it? What are the dangers with telling someone to “just accept Jesus”? How might a mandatory self reflection and discipleship period have changed your own walk with the Lord?
2. We are told to get a periodic physical from a doctor. What are some reasons we normally do not have a similar periodic spiritual checkup (though a growing number of churches do have some sort of ministry to do so)?
3. Review the discussion about Soul ties on page 162. Think about your own life and your relationships. Can you identify past or present relationships that you now know were (are) unhealthy soul ties? Share about one with another or the group. Deal with it together.
4. Matt 5:23-24 gives a pretty radical teaching about making relationships right – even when you yourself do not hold unforgiveness. Why do you think Jesus stressed this point? Do you know of someone who is still angry with you? Work with another or the group to come up with a plan to try to make it right. Read Romans 12:17-18. How does that verse factor in your responsibility to make things right?

Exercise/Homework

This is an individual, paired or group exercise. First read the walk-through at the end of the chapter. Discuss the steps and actions the minister took. Do you see the Fruit Loop phases played out?

Next, look at the four doors diagram (Figure 7) on p.161. First look down the left-hand column and note any areas that you feel you, yourself might need some work. What are they? Can you describe the *Fruit* in your life?

Now look across the columns and think about *Root*. Ask Jesus where that issue came from, how it happens to you today – what is its dynamic? Can you zero in on sources and origins?

Now go to that particular door and walk through the rest of the phases: *Boot*, *Loot* and *Scoot*. If you get stuck review *Doing Kingdom Business*. Take your time. Rely on God to lead you – refer things to Him. Ask the person to be just the “reporter”.

This may take several meeting times together – that is fine. Getting through the book is not important. The book getting through you is!

Review the grid and get a firm feeling about how to do a spiritual checkup. Not all parts of the grid are used each time but you are only checking for open doors.

Chapter 10. The Father Ladder

In this chapter we talk about what might be THE key to a lot of people's heart issues – they do not know the love of the Father. They do not feel the companionship of Jesus. They do not sense the nurture of the Holy Spirit. Maybe that is you.

Discussion Questions

1. Look at Freud's quote on p.183. Why do you think that need is so great? What do you think happens to a person when it is not perceived as being met?
2. On p. 184 there is a quote from Galatians 4. Why do you think it was important to God the Father that the major thing the Holy Spirit says within us is "Abba"?
3. In Hebrews 11:6 there are two things we are asked to believe about God the Father. Discuss how the serpent in the Garden of Eden tried to corrupt Eve's view of those two things. Why might the devil be after those two things above all?
4. We sometimes think of God the Father as being held back from zapping us with lightning only by the desperate prayers and work of Jesus. How do Lk 12:32 and John 17:23 contradict that thinking? Why did Jesus come, on whose initiative? See John 6:38, 8:28-29, and 8:42.
5. What are some ways our own false thinking lines up with that of the Older Brother in the parable of the Prodigal Son? Even though he had a "perfect father" he still felt distant. Why might that be so?

Exercise/Homework

As stated in this chapter, the Trinity and their different demonstrated roles match our different kinds of needs. These needs should be provided by an earthly family but often are not.

When we feel those needs are not met it may be because the corresponding member of our nuclear family did not meet those needs. Sometimes our perception was skewed or we did not let them meet our needs. We took on a lasting false impression that colors how we try to relate to the Trinity.

Get with a friend and walk this through. Take your time. Listen on the inside.

1. Envision each member of the Trinity in turn and list the words or phrases that come to you from your heart that describe them - not your head description but your true heart feeling. Let even the worst thoughts and feeling have expression. What is good what is bad? What picture do you see? What do you feel? Where are you in the picture?
2. Think about the corresponding member of your nuclear family? To the extent they portrayed those negative qualities or phrases seek to understand how that happened in your life – the dynamic.
3. Then speak forgiveness over them: 'I forgive you _____ for teaching me the lie that _____'. Forgive them for the specific ways they treated you that taught you something false and hurt you – your perception. "_____ I forgive you for _____ me." Forgive from the heart. Renounce any ways you have judged them. Release your expectations that they will even be able to meet those needs the way you need them met.
4. Next renounce your belief that that member of the God-head is that way. Have a friend help you by helping you to declare what the bible says is true about each particular lie you believed – each word or phrase that is not true.
5. Ask that member of the Trinity to show you what they are really like – maybe a picture, memory or something else they want to show you. If you struggle start with Jesus and then ask Him to help you with the others. Look at your word list again and replace the negative with positive – what is God really like in the opposite way? Claim that. Thank Him.

Chapter 11. Inviting Jesus

In this chapter we learn a simple and effective way to interact with Jesus to go after the lies we believe that hold us and pain in place. This tool relies on an ability to hear Jesus speak to us, and for us to be ready and willing to report on what we hear, sense or see inside.

Discussion Questions

1. Why does it often seem more effective and real for someone to hear Jesus tell them something than to have a close friend say the same thing? What does it mean in John 8:32 to “know the truth” and “the truth will set you free”?
2. How is this tool a fulfillment of the command in Eph 4:15? How do verses 25-32 amplify or better explain this command?
3. What is the difference between trying to change what actually happened in the past (lodged in a memory) versus wanting to gain Jesus’ interpretation of what happened? What are some potential dangers in a more subjective approach like this one and how might we minimize or overcome those dangers? Review book pp. 95 and 100 for more help.
4. On p. 206 we talk about finding a peaceful place to start the use of the tool. Why might it be good to first establish contact with the Person of Jesus first?
5. Review the Dissociation discussion starting on p. 217. Why do you think it is equally important to be knowledgeable and not put off by DID indications and to serve as an understanding friend and supporter and not to plunge into ministry without experience?

Exercise/Homework

Part 1.

Read the walk-through together and discuss how the Presenting Jesus works. Can you see the Fruit Loop parts in the walk through? Discuss them. How does it compare to the diagram on p. 205?

Part 2.

Refer to p. 207. This is Fruit. Close your eyes and ask God if there is something He wants to address in your life that is painful and limiting. See what he brings to you. If nothing, that is fine as long as you know you are willing to go where He leads.

Work with a friend or in your small group to define or frame what you are seeing, feeling, or sensing. How does it show up in your life, thoughts and feelings? Seek to define what lie you believe in one simple sentence. Something like: “these thoughts or actions happen again and again and show that I believe that...”. Make sure that you gage how true that statement feels to you.

Ask Jesus to show you where it came from, a representative memory, a symbolic picture, etc. Be willing to receive what He brings. It may be simple and obvious, even suggested by a friend. But let Him be the final judge of its power to bring you to a point of change.

Part 3.

Now to the Boot. Refer to p. 211 and walk through completion of the tool. Close your eyes and focus on your internal screen. Ask Jesus to show or tell you what is true. If need be, ask Him where he was in the memory. Ask Him what He thought, etc. Hear truth, do Kingdom Business, bless, give Scoot instructions to help walk out.

Jesus is ever willing and able to speak the kind of truth that sets us free from lies that keep us enslaved to fear, pain, and self-limiting and false beliefs. We can get comfortable with how He does that and learn to work with Him.

Chapter 12. Dealing with Demons

In this chapter we talk more directly about dealing with demons. In modern society this topic may seem archaic or ancient. Many are skeptical in the beginning. However, it only takes a couple encounters with the demonic to realize the truth of 1 Cor 1:20-31 where Paul takes on the wisdom of men and compares it to the wisdom of God – and that there are limits to the scientific method. So keep an open mind.

Discussion Questions

1. The way demons are portrayed in the media is sinister and threatening. The way those who believe in demons is often portrayed is fumbling, narrow and hopelessly out of touch with reality. Why might Satan want those portrayals to be that way? What does he gain from that?
2. We say, “nobody gets to be Buffy” referring to the TV and movie heroine who slays demons for a living. Why is it important to be after God and not after demons?
3. Do you think a demon can gain influence or control over a person against their will? What is the balance? What is the difference between the words “temptation” and “trial”? How might those two aspects of the work of Satan come into play in the “will” question?
4. Read the twelve statements on authority on p. 230-231 and look at the scriptures. What is the difference between having authority and knowing you have authority? What did the “Sons of Sceva” in Acts 19:13-16 do wrong?
5. On p. 233ff we discuss “manifestation” of demonic during a ministry session. How might you act or think when you see such things? How would you retain both balance and honor?
6. On p. 237 we give a list of potential symptoms of the influence of the demonic in a life and state that often it is the “exaggerated or energized” nature of things that may be a flag. What else could cause things to look “exaggerated or energized”? Do you have to know it is a demon to be effective in ministering? Notice in the story of Bob we test several times how he is doing and if he feels free. Why do we do that?
7. On p. 238ff we discuss that demons appear to be both “opportunistic” and ‘legalistic’. What are the difference between these two doors into a person’s life? How might those terms be related to the terms: “prisoner and captive” and to “temptation and trial”.

Exercise/Homework

Walk through the example in this chapter about our friend Bob. Talk about how we recognize and then deal with the demonic. Discuss the differing roles of you the minister sensing or seeing and of Bob hearing or perceiving inside what is happening. Is there anything in that walk through that makes you uncomfortable?

Dealing with demonic temptation and trial is sort of like recognizing an ambush and reacting in a powerful forceful way. Go to the Freedom Prayer web site and listen to the free teaching: Winning the Daily Battle together.

Talk about an area in your own life where some advance preparation would help you win that daily battle. Work together to begin that preparation. Find verses that are true in the area of concern. Practice your verbal defense of submit-resist-draw near.

Read Eph 1:18-23 and pray that for each other then, and through the week.

Most important is to know that you know your authority. Everything else is secondary to that. Then you can review the actions illustrated and get a couple examples of how that authority is exercised.

Part 4 Freedom Prayer as a Ministry and a Lifestyle

Chapter 13. Building a Freedom Prayer Ministry in Your Local Church

In this Part we begin to introduce the concept of a culture of freedom and healing, of living together where such conversations are normal and natural, and of a church where the Freedom Prayer concepts are woven into the church fabric – top to bottom.

Discussion Questions

1. On p. 249 we give three parts to building a local Freedom Prayer ministry and culture. Why do you think each of them is important in your context?
2. What would be some advantages to working within a local church versus a para-church ministry?
3. How might it be harder to work within a local church than simply beginning your ministry on your own? What might some disadvantages be?
4. On p. 252 we discuss two things: mature character and being a family. Why might those two things be crucial to the ultimate success of the ministry and church change?
5. Put yourself in the place of a senior pastor. What are some concerns that the senior staff or individual might have? What sort of things might help them to address or feel more confident that those concerns are understood and addressed?

Exercise/Homework

When you think about building a ministry team in your church, sit with the Lord in a quiet place and ask these questions and jot down the answers that come to your mind. Take your time!

- What are your strengths and gifting areas? How might those translate into a role on a ministry team?
- Do you know of others who might share your desire for such a ministry to begin in your church? How might you reach out to them?
- What is your current church approach to this kind of prayer ministry? Who is involved and how is it structured?
- How does church leadership feel about it? Do you know what their experience has been?
- In your current church setting, what ministries exist that could easily incorporate Freedom Prayer as lifestyle to both compliment what exists and allow for further growth? Is it house groups, small groups, Sunday school, bible study or fellowship groups? Is there a mentoring or discipleship program in place?
- What do you sense your first step(s) might be?

Chapter 14. Freedom Prayer as a Lifestyle

In Chapter 14 we look at the natural overflow of a Freedom Prayer ministry into daily life. When just one person experiences an overcoming moment with Jesus, their testimony produces an organic harvest and the possibility for a ministry to become more like a lifestyle. As you complete the following questions and exercises, be on the lookout for already healthy communities in your family, friends and church and consider the impact freedom could have there

Discussion Questions

1. List and examine the existing programs and community supports in your church or ministry. What are their strengths and weaknesses? What are their main goals or purposes? How could a basic knowledge of Freedom Prayer ministry and foundations help those small groups, discipleship relationships or bible studies? Could it hinder it?
2. Imagine for a moment that an individual receives life-changing freedom in a prayer session and then returns to “normal” life within a church, serving and participating in community. Are the small group systems and ministries equipped and educated enough to be able to walk with that individual as he or she continues to pursue their freedom? What would be necessary to ensure honoring growth for both the individual and the group?
3. As freedom begins to permeate a culture, the natural and necessary tendency is to look inward and upward. The tension is felt when it seems that looking outward has lost its importance. How should Freedom Prayer compliment evangelism? What boundaries should exist so that other ministries and goals are not compromised but enhanced? How do you protect a body from becoming self-focused and self centered in their pursuits?
4. If you wish to pursue freedom with your spouse, what would your first three steps be? What wording would you use to introduce the topic? How would you navigate conflict? How would you ensure you are both on the same page in that process? How could you personalize the conversation so it isn't accusatory or defensive?
5. Personally, what would be the most difficult aspect of praying with your children or other's children in Freedom Prayer? Why?

Exercise/Homework

Chart the areas of your life where Freedom Prayer could be beneficial. Think in terms of tools and the Fruit Loop as you look with new eyes at the major roots that could use freedom. Ask the Lord for insight as to what is really going on below the surface in each significant area of your life.

Examples might be marriage, children, church relationships, best friend.

Epilogue

Now it's your turn to do it and to pass it on. This is a lot like a spiritual version of "Pay It Forward". Our goal is to see hundreds of people armed and dangerous to the realm of darkness, and competent to help another. Our prayer is that you will be one of those and also pass it on to others.

Are you wondering if this is for you? Check this out.

Discussion Questions

1. Read Matt 9:36-38. What kind of harvest was Jesus referring to? Would the harvest still be the same today? Read 2 Tim 2:2. How might that apply to you?
2. Read John 15:16-17. Apply those verses to yourself. What does it mean to be "appointed" by Jesus for something? What might it mean to "bear fruit". See Titus 3:14, Col 1:10 and Gal 6:2 for help.
3. Why were you created?

Here is one reason: Eph 2:10. Read that verse carefully and discuss every part of it. If you understood and believed that verse, how would it change your sense of destiny and calling?

How would it increase your faith and confidence in God's supply of all you need?

- His workmanship
- Created in Christ Jesus
- For good works
- Which God prepared before hand
- For you to walk in

Exercise/Homework

Go for it !!