



Trapped: Part 2

Small Group Material

Participant Guide

Freed by Restrictions

September 25th, 2016

Bottom Line: Commands serve as placeholders to help us do what we want to do until we want to do it.

Study Verses: Romans 6:16-18, John 14:15-31, 2 John 1:4-6, James 1:22-25

KEY POINTS

- There is a big difference between what catches your eye and what captures your heart.
- Authority requires restrictions.
- What we see affects the condition of our heart. Our heart is forged by what we encounter.
- Freedom comes from discipline and endurance.
- We become free by becoming a slave.
- You're only free to the point you are willing to submit to God's authority.

ENCOUNTER

"In many areas of life, freedom is not so much the absence of restrictions as finding the right ones, the liberating restrictions. Those that fit with the reality of our nature and the world produce greater power and scope for our abilities and a deeper joy and fulfillment. Instead of insisting on freedom to create spiritual reality, shouldn't we be seeking to discover it and disciplining ourselves to live

according to it?" -Timothy Keller

- Why does authority require restrictions?
- Read the quote from Timothy Keller. Do you believe restrictions can truly be liberating? Why or why not? What makes you answer in the way that you do?
- What moves you to obey God's commands (fear, obligation, trust, hope, etc.)? Why does this tend to be the driver of your obedience?

FORMATION

- Read Romans 6:16-18. How do God's commands serve as a placeholder that allow our heart to catch up to our obedience? What does obedience driven from the heart look like?
- Read John 14:15-31. What role does the Holy Spirit play in our obedience? Why did Jesus give us the Holy Spirit?
- Read 2 John 1:4-6. How does obedience show how much you value a relationship? When we come under restrictions and obey His commands, what are we communicating to God?
- Read James 1:22-25. How is our obedience tied to what we see? In what ways is our obedience an identity issue?

EXPRESSION

- What are the commands you struggle with the most? Why does this tension exist? Where does distrust play a role in your response to this command?
- What we see affects the condition of our heart. Our hearts are forged by what we encounter. If this principle is true, where are your eyes currently set and how is it influencing the current state of your heart?
- Where do you need to create a placeholder for your heart to catch up to your obedience?