



# ICT small groups

## Christian Essentials : Week 9 Freedom From Your Past

### Big Idea

Why do we need freedom from our past?

### Introduction

When we are “born again” we become a new person, or what the Bible calls, “a new creation.” However, beginning a new life can be difficult when we have habits and baggage from our old life. Fortunately, there are ways we can leave behind the old man and enjoy the freedoms of our new life in Christ.

### Scripture

Matthew 6:14-15

*“For if you forgive men their trespasses, your heavenly Father will also forgive you. But if you do not forgive men their trespasses, neither will your Father forgive your trespasses.”*

Colossians 3:15

*“And let the peace of God rule in your hearts, to which also you were called in one body; and be thankful.”*

### Discussion

- Why is forgiveness such a big deal in starting a new life?
- What does Jesus say about forgiving our enemies?
- What is an iniquity and where does it come from?
- What causes us to make inner vows, and how does Christ enable us to get over them?

### Activation

- Write down a list of everyone you haven’t forgiven. Pray that the Holy Spirit would remind you of any person you may have forgotten.
- Write down a list of behaviors in your family history that don’t represent the loving and wise character of God. Do you exhibit any of these behaviors in your relationships, jobs, or regular activities?
- Inner vows are promises you swear to yourself about God, relationships, money, etc. that don’t line up with the Bible. Pray and ask the Holy Spirit to help you see your own inner vows.