



# Rhythms

## Part 1 – Free Indeed Discussion Guide

We can be free from all sorts of bondage in our lives. God has provided a rescue from sin for us, and that rescue is Jesus. We must learn to abide in Him and in His Word. Then, we must accept the truth that comes from abiding in Him and live a life of both surrender and freedom.

**What you will need:** A Bible or your Bible app, a notebook, pen, and highlighter. The verses highlighted below are linked so that you can easily access them during your study time.

### Jump Start

1. Tell something funny that you keep trying to do and can't. Or something you don't want to do, but still do?
2. **Read [Romans 7:15, 17-20](#) and [Mark 14:38](#).** What is the battle going on in Romans 7? What does verse 17 say is the root of this struggle? How do we typically rephrase verse 18 in our routine language, replacing the word "desire"?
3. **Read [John 8:36, 31, 15:5](#).** Jesus said there is an answer for our slavery to sin. What is it? When Jesus speaks of abiding, explain what He means? List practical steps you have taken to "abide" and why they do or don't work for you.
4. Beyond this bondage, there are consequences for sin. **Read [John 8:33-34](#) and [Romans 6:23](#).** Are we as deceived as the Jewish leaders? Have you been enslaved? What is the penalty? How should we be treated, based on our own merits?
5. In order to be free, what are we responsible to do? What does God promise, for His part, in these verses? **[Romans 10:17, James 4:7, John 8:35-36, and Galatians 5:1](#)**
6. **Final Thought:** Consider if you are feeling free today or "throwing stones" at yourself, frustrated and ashamed? Are you walking in freedom or bondage?

### Deeper

The Feast of the Passover is the story of God's rescue of the Israelites from 400 of years of slavery in Egypt. It also foreshadows the salvation God had planned from the very first sin and the perfect Lamb of God. Let's look at this feast in detail.

7. **Read [Exodus 11:4-8, 12:1-14, 21-27, 46](#).** Compare and note the similarities or differences to the Exodus passages.

[Hebrews 4:15](#)

[John 1:29](#)

[1 Corinthians 5:7](#)

[Mark 14:12](#)

[John 19:33](#)

[Hebrews 9:12, 14, 22](#)

[Romans 6:23](#)

[Romans 8:2](#)