

# FREEDOM

## *Practicing Detachment to Break Unhealthy Habits*

We are confronted with daily struggles and hardships, whether we are in the midst of a pandemic or not. Our human nature tends to avoid discomfort and seek happiness and satisfaction, so when faced with challenging times, we sometimes turn to quick fixes for a pick-me-up. These can be seemingly minor and harmless, or extreme and dangerous. Regardless of how mild or severe we judge them to be, we always need to gauge how much we let our behaviors or attachments control our lives. This week we explore what experiencing real freedom means and how we can seek to direct our actions toward loving God, loving our neighbor, and loving ourselves.

### *Gather:*

Take, Lord, and receive all my liberty, my memory, my understanding, and my entire will, all I have and call my own.

You have given all to me.  
To you, Lord, I return it.

Everything is yours; do with it what you will. Give me only your love and your grace, that is enough for me.

Suscipe of St. Ignatius of Loyola

1. What has been your “go-to binge” during these past months?
2. In what areas of your life have you been seeking control?

### *Watch:*

**Scott Weeman and Katie Cavallo** share about finding freedom by giving up control.



### *Discuss:*

1. What comes to mind when you hear the word “freedom?” Have you ever thought of freedom in the way that Scott describes it, as being the ability to choose good?
2. What attachments might be limiting your freedom?
3. How are you being called to let go of some unhealthy habits, attachments, compulsive behaviors, or addictions?
4. What actions can you take to let go of control and hand it over to God?

### **Galatians 5:1, 13-25**

**1** For freedom Christ set us free; so stand firm and do not submit again to the yoke of slavery. **13** For you were called for freedom, brothers. But do not use this freedom as an opportunity for the flesh; rather, serve one another through love. **14** For the whole law is fulfilled in one statement, namely, “You shall love your neighbor



as yourself." **15** But if you go on biting and devouring one another, beware that you are not consumed by one another. **16** I say, then: live by the Spirit and you will certainly not gratify the desire of the flesh. **17** For the flesh has desires against the Spirit, and the Spirit against the flesh; these are opposed to each other, so that you may not do what you want. **18** But if you are guided by the Spirit, you are not under the law. **19** Now the works of the flesh are obvious: immorality, impurity, licentiousness, **20** idolatry, sorcery, hatreds, rivalry, jealousy, outbursts of fury, acts of selfishness, dissensions, factions, **21** occasions of envy, drinking bouts, orgies, and the like. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God. **22** In contrast, the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, **23** gentleness, self-control.

Against such there is no law. **24** Now those who belong to Christ [Jesus] have crucified their flesh with its passions and desires.

**25** If we live in the Spirit, let us also follow the Spirit.

## Explore:

1. For what does God want us to use our freedom (verse 14)?
2. What benefit comes from living in the Spirit (verses 22 and 23)?
3. What fruit are you feeling most right now? Which fruit could you use more of?
4. In our opening prayer, we prayed, "Take Lord, and receive all my liberty, my memory, my understanding, and my entire will." How easy or difficult is it for you to pray those words?

*For freedom Christ  
set us free; so  
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slavery.*

Galatians 5:1

## Weekly Challenge:

Do one or more of the following:

- Reflect on and memorize Galatians 5:1.
- What action can you take this week to start letting go of one of your attachments? Find an accountability partner and resolve to do it!

## Prayer:

**Serenity Prayer** (short form)

God grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference. Amen.

## Go Deeper:

**Additional Bible passages about freedom:**

- 1 Peter 2:16
- Romans 6:12-23
- 1 Corinthians 3:16-17
- Psalm 1:1-3
- 2 Corinthians 3:17-18

**Song:**

- "[Where the Spirit of the Lord Is](#)" by Life.Choice Worship
- "[Holy Water](#)" by We The Kingdom
- "[Suscipe](#)" sung by Lauren Swain

**Book:**

[Let Go of Anger and Stress! Be Transformed by the Fruits of the Spirit](#) by Gary Zimak

**Prayers:**

- "[Litany of Humility](#)"
- "[Suscipe](#)"
- "[Serenity Prayer](#)" (long form)
- "[Morning Offering](#)"