

Live Free! Series ~ “Lay it Down” Reflection Questions

You don't have to do them all, just the ones that light up for you!

Have you ever explicitly committed your life to Jesus Christ? If not, do so now!

Have you ever turned your back on Jesus Christ? If so, revoke that decision now and tell him you want to come back under his authority and follow him.

What came to your mind and memory when you heard the teaching about Step One, “Lay it down”?

Do you believe God loves you and wants good for you? Do you believe you can trust him with everything?

Are there areas of your life that you struggle to surrender to God? What beliefs or experiences fuel that struggle?

What painful events in the past (either harm done to you or care withheld from you) have changed you in ways that you don't like? What has altered your life story in ways that you regret?

What parts of your life feel blocked, stuck, or “un-free”? When did these areas first become an issue? What else was going on around that time? Can you make a connection?

Can you identify “idols” in your life—those things you look to outside of God or God's order for pleasure, power, purpose, provision, protection?

Is your reaction to your own sin to condemn yourself? Do you believe that you can't be forgiven, or do you have trouble “feeling forgiven”?

What is your experience of the mercy of God? The mercy of others? Are they related?

Are there sins that you excuse or blame other for?

Are there sins you have given up, yet still feel vulnerable to or attached to?

Do you have habits of sin that you can't break despite effort, prayer, counseling, sacraments? Do you feel hopeless about these?

Do you trust that God can really set you free from whatever has kept you bound until now?

End your time of reflection with this simple prayer:

Father, you gave me life and now I give my life back to you. I surrender everything that has happened to me, especially (name).... I believe that you were with me then and that you are with me now to heal me and to set me free.

I am sorry for my unhealthy and unholy responses to what happened, for the negative ways I tried to cope and take care of myself; I lay down my prideful self-reliance and the sins that come from it (name)... I am sorry for the ways I have hurt myself and others; most of all, I am sorry for hurting your heart. Please forgive me.

Jesus, I receive the mercy and love you offer me right now. You died to save me, to rescue me, to set me free. I choose to let go of all my shame, guilt, regret, disappointment, and self-judgment; I choose to stop condemning myself and to rejoice instead that I have such a wonderful Savior. Thank you!