

“FREE INDEED”

**DON'T
CROSS
THE
LINE**
THE PARADOX OF FREEDOM

1. Watch the Message:

- Go back and watch the message from this week.
- Pause the video and take notes.
- Refer to the scriptures mentioned and read them for yourself.

2. Monday: Process your stress and your response to it.

- What triggers you?
- What do you do/reach for when you're triggered?
- What has been your default way to cope.
- Pray and ask God to reveal the root of your stress and triggers?

3. Wednesday :Change Your Reach

- When you're triggered what new thing will you reach for? (For example, read your bible, pray, worship, meditate, call a fellow believer)
- Pray and ask God to show what new thing to reach for
- Friday: Recommit to the Process
 - Decide daily to change your reach
 - Prepare your heart and mind commit or recommit to the level of spiritual discipline God is calling you to.
 - Pray and ask God to reveal the areas of your life He is calling into order and the actions He wants you to take/ commit to.