

# Practicing Personal Freedom

## Small Group Leader Guide



Real. Life. Together.

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*“Search me O God and know my heart, test me and know my anxious thoughts.  
See if there is any offensive ways in me and lead me in the way everlasting.”*

Psalm 139:23-24

God desires us to be free from the bondage of sin in our lives. Here are some essential steps to guide you in leading others through confession and repentance of sin.

### 1. Invite

- Pray the above Scripture together.
- Invite the Holy Spirit to show us any sinful attitudes, actions or patterns in our hearts.

### 2. Pay attention

- What is the Lord bringing to the surface?
- It could be an attitude, action, a memory, a lie we have believed or an emotional trigger.

### 3. Identify

- Lead the group to identify what the Holy Spirit has brought to light. Use the inventory list provided to help identify what may be brought to light.
- Guide the group to process this in the most helpful way. For example, split into gender specific smaller groups such as same gender groups of three.

#### Inventory List of Sinful Attitudes or Actions

- |  |                                       |  |
|--|---------------------------------------|--|
| <input type="radio"/> Anger/rage                 | <input type="radio"/> Apathy          | <input type="radio"/> Argumentative                |
| <input type="radio"/> Arrogance                  | <input type="radio"/> Comparing       | <input type="radio"/> Covetousness/Envy/Jealousy   |
| <input type="radio"/> Fear                       | <input type="radio"/> Greed           | <input type="radio"/> Hatred                       |
| <input type="radio"/> Judgmental                 | <input type="radio"/> Laziness        | <input type="radio"/> Materialism                  |
| <input type="radio"/> Negativity                 | <input type="radio"/> People-pleasing | <input type="radio"/> Perfectionism                |
| <input type="radio"/> Pride/False-humility       | <input type="radio"/> Procrastination | <input type="radio"/> Racism                       |
| <input type="radio"/> Revenge                    | <input type="radio"/> Sarcasm         | <input type="radio"/> Self-pity/self-righteousness |
| <input type="radio"/> Self-hatred/self-rejection | <input type="radio"/> Unbelief        | <input type="radio"/> Unforgiveness/Bitterness     |
| <input type="radio"/> Vengeance                  | <input type="radio"/> Other(s) _____  |  |

#### 4. Confession

- Invite each person to confess without telling stories. Invite them to pray: “Father God, I confess \_\_\_\_\_ as my sin. I admit that I have missed the mark with You Lord, within myself and with other people around me. Please forgive me and cleanse me from this sin.”
- As a leader you may want to have some people share stories if its appropriate. God doesn’t need us to share all the details for us to be helped.

#### 5. Repent from this action

- To repent is to turn away from this action and to go God’s way instead.
- Invite the person to pray a repentance prayer: “Lord God, I turn away from this sin and I decide to go Your way, Jesus, and not my own. I ask for Your strength and grace to live Your ways Lord and not my own.”

#### 6. Receive forgiveness

- Pray for the person saying: “ \_\_\_\_\_ (name), the Word of God says that if we confess our sins, He is faithful and just to forgive us and to cleanse us from all unrighteousness. I affirm that you are forgiven. Do you receive the forgiveness of Almighty God through the blood of Jesus and the power of the Holy Spirit?” (1 John 1:9)
- Wait to hear his/her response.
  - ◊ If yes, move to the next step.
  - ◊ If no, ask the Holy Spirit to show what barrier there is to receiving forgiveness.
  - ◊ Invite him/her to offer that barrier to the Lord in prayer.

#### 7. Minister Deliverance

- Prayer to break bondages: “In the name of Jesus, I cut you free from all attachments to \_\_\_\_\_ (name the sins the person confessed).”
- Prayer for deliverance: “Based upon \_\_\_\_\_’s (the confessor’s name) confession, I now close this door to the enemy in his/her life. In the name of Jesus, I bind and cast away every spirit of \_\_\_\_\_ (name the sins from the confessor’s list). I command you to go to Jesus to be dealt with as He wishes and do not return to \_\_\_\_\_ (name of confessor).”

#### 8. Filled with the Holy Spirit

- Invite the Holy Spirit into the places that the enemy has now vacated.
- Pray: “Holy Spirit, please come and fill \_\_\_\_\_ where the enemy has been at work in regards to these sins. Please bring healing and wholeness to \_\_\_\_\_, in Jesus’ name.”

## 9. Connect to Jesus

- Invite the person to connect to Jesus right now.
- Pray “Lord Jesus, You are here with us. Please connect with and shine on our friend \_\_\_\_\_ right now.”
- Ask how Jesus is connecting to him/her in that moment.
- Thank Jesus for being there with you.

## 10. Listen in prayer to affirm

- Lead the group to listen for the person.
  - ◊ Ask the Holy Spirit to speak, show, or reveal His truth and blessing on the person.
  - ◊ Wait and listen to the Holy Spirit.
- Pray those things over the person who has confessed.
- Remember, words must be for their strengthening, encouraging and comfort (1 Corinthians 14:3). If what you hear is negative, ask God to show you how it can be said so that it is strengthening, encouraging or comforting. If that doesn't become clear, don't share it.

## 11. Follow up

- Pray a closing prayer of blessing on the person.
- Commit to asking him/her about this again for accountability and encouragement.
- Consider any other follow-up steps that may be needed.
- If you have questions or encounter issues, please talk to your small group coach or Pastor.