

Truth

(ROAD to Freedom)

REACTION
OPPRESSIVE LIE
ACTUAL TRUTH
DELIVERANCE

What does Jesus says about the power of believing the truth and how it can bring freedom in our lives?

Scripture

Read the following Scriptures and note the impact that knowing the truth has on a disciple's life.

John 8:31-36 (Jesus talks about the power of truth)

Romans 12:1-2 (Paul talks about renewing the mind)

What do we learn from the Scriptures about the impact of believing the truth?

What do you think it means to renew your mind?

Story

A woman in our church noticed that she was in the habit of over-reacting to her kids when they weren't listening to her. This behaviour triggered such anger and rage in her which resulted in her shouting and being intimidating towards her kids. She did not like this and wanted to stop but found herself unable to do so. As she took this to the Lord in prayer, God showed her that behind this action was a wrong belief that if people didn't listen to her, she didn't matter. She felt God reassure her that the truth was that she mattered a huge amount and at all times. He showed her that she mattered enough for Jesus to come down and die on the cross for her. As she began to let go of the lie (that she didn't matter when people didn't listen) and believe the truth (that she mattered hugely at all times), she noticed her behaviour change. When occasions came along when her children didn't listen to her, she found herself not reacting strongly and was able to calmly instruct and correct her kids, rather than get angry. She was now free to act as she desired to.

How have you experienced freedom in your life by moving from false beliefs to truth?

Shape

The **ROAD to Freedom** is a useful process for working with God's Spirit to identify lies, discover truth, and experience freedom.

Reaction: This process starts by prayerfully considering over-reactions or under-reactions. Ask the Holy Spirit to talk to you about any reactions you've recently observed in your life. You may find the following questions helpful:

- What happened to trigger your reaction?
- How did you respond? What did you do?
- How did you feel? How strongly did you feel it?
- Have you reacted like that before? When was the first time you remember reacting like this?
- How would you have liked to react? How would you like to react in the future?

REACTION OPPRESSIVE LIE ACTUAL TRUTH DELIVERANCE

Oppressive Lie: Behind such reactions there's often a lie that is keeping us trapped. Ask the Holy Spirit to reveal to you any lies you are believing in this area. You may find the following questions helpful as you discern what God is saying:

- Why do you think you reacted the way you did?
- Why do you think your reaction was justified?
- What lie do you think you have told yourself?
- What lie do you think others have told you?

Actual truth: As well as identifying and rejecting lies, we need to know the truth. This step is about letting the Holy Spirit lead us into truth. You may find the following questions helpful as you consider what God is saying to you:

- What truths about God are relevant here?
- What does Jesus' cross have to say about this situation?
- What is true of me now that I am in Christ?
- What does the Bible say?

Deliverance: Having identified the lies that need to be rejected, and the truth that needs to be believed, this step is about actually making that step and being set free. Freedom is more than an intellectual thing in the head, it is a supernatural thing in the heart. Rely on the Holy Spirit to help you move from the lies that have kept you stuck to the truth that brings freedom. You may find the words of the following prayer helpful as you do this:

I turn from the lie that _____ and I joyfully accept the truth that _____. I reject all the work that the enemy has done in my life through me believing that lie and I look to you, God, for the freedom you promise that comes from believing the truth. I'm sorry for believing that lie and I thank you for your forgiveness and cleansing. Help me and strengthen me to hold on to the truth. Amen.

[Adapted from <https://www.genesisprocess.org/s/road-to-the-wound.pdf>]

So What?

In groups of 2 or 3, take some time to help someone in your group go through the ROAD to Freedom, to process an over-reaction (or under-reaction).

If there is time, help someone else in the group to go through this process.

Leave lots of time for praying for one another to experience greater freedom by knowing truth.

Grow Further

Memory Verse:

John 8:31-32

'To the Jews who had believed him, Jesus said, "If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free."

Other Bible passages:

- John 14:6
- John 16:13
- John 17:17
- Ephesians 6:14

Other resources:

Righteousness and Inner healing – Mark Greenwood - <https://www.youtube.com/watch?v=96EKF16yNi4>