



Truth That Brings Freedom exists to encourage women to read the Bible with more intention. We believe that the Bible is God's Word, that it is truth, and that it is relevant to our lives today. The Bible is fundamental in shaping our very identity, and its truth is applicable to every fear, vice, circumstance, decision, relationship, or struggle that we face. These work pages are a tool to help women seek truth in the Word of God, trusting that the Holy Spirit will use it to change our hearts and lives.

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INTRODUCTION

"For freedom Christ has set us free; stand firm therefore, and do not submit again to a yoke of slavery." (Galatians 5:1, ESV)

Being free and living in freedom are not one in the same. We see in Galatians 5:1 that someone who has been set free can live their life as one who is enslaved.

Spend some time thinking about the things that enslave you. Do you spend too much time on hobbies, television, or social media? Do you feel ruled by your tongue or your temper? Is there bitterness in your heart towards someone that dominates your thoughts and actions? Do you have an unhealthy addiction to the substances that you eat or drink? Do you covet or lust for things that you do not have? As the Holy Spirit leads you, make a list below of all things that could be considered your "yoke of slavery."

"Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come." (2 Corinthians 5:17, ESV)

The old is gone. The new has come. You are no longer a slave to sin. You are free.

Stop.

Did you really hear that?

If you are in Christ, **you have already been set free.**

Do you feel free? Or do you feel enslaved by the list that we made on the last page?

If you are feeling burdened by the weight of slavery, then hear this verse:

"If you abide in my word, you are truly my disciples, and you will know the truth, and the truth will set you free." (John 8:31-32, ESV)

We are enslaved because we are not intimate with truth. We must learn to live in the truth of God's Word; to purposefully seek it out and let it wash over every area of our lives. Jesus Himself prayed these words to God on our behalf:

"Sanctify them in the truth; your word is truth." (John 17:17, ESV)

The Bible, the Word of God, is truth; and it has power to change our hearts and lives.

"For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart." (Hebrews 4:12, ESV)

The following study page is a guide to help you claim truth from the Bible and apply it to your life. Start by writing down the date and passage of scripture that you will be reading. On the page you will find four main sections:

1. Takeaway Thoughts.

This section is a place to organize your thoughts and jot down anything that catches your attention... things you want to come back to later, thoughts you have about the text, verses you want to remember.

2. What truth can I cling to in this passage?

Use the very Word of God to speak truth to yourself. Maybe start by asking yourself what this passage says about God. About you. About sin, relationships, love, work, worship, prayer. Ask the Holy Spirit to guide you.

3. How does this truth change the way that I...

Truth should not leave us as we are. It changes us. Press yourself in this section to make an immediate application of the truth that you just wrote down in the previous section. Speak truth to at least three situations in your life with which you are struggling. You may finish the sentence like this: "How does this truth change the way that I...

- parent my children?"
- spend my time?"
- think about my enemies?"
- react when I am angry?"
- eat?"
- use my money or talents?"

You may choose to pick the same areas each day, or three new struggles each day. In the spaces provided, use the truth that you already claimed from your scripture reading to speak truth to your heart for each of those areas.

4. Prayer.

As you write down these struggles and apply truth, allow the Holy Spirit to convict and ask Him for the grace to let God's Word work in your life. Use this space to write any specific prayers or to thank God for evidences of grace that you are seeing in your life.

As you work through these study pages, I hope that you will be able to look back at your earlier entries and see areas of your life that are being transformed by the power of God's Word.

If you'd like, join the community of women pursuing *Truth That Brings Freedom* and connect on Instagram by using the hashtag #TruthThatBringsFreedom! Let's encourage one another and glorify our Lord by sharing what He is doing in our lives!

"So if the Son sets you free, you will be free indeed." (John 8:36, ESV)

Blessings,

Mandy England

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truth THAT BRINGS freedom



"And you will know the truth, and the truth will set you free."
-John 8:32, ESV

DATE: _____ SCRIPTURE: _____

TAKEAWAY THOUGHTS:

WHAT TRUTH CAN I CLING TO IN THIS PASSAGE?

HOW DOES THIS TRUTH CHANGE...

1. _____?

2. _____?

3. _____?

PRAYER:

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