

# UNFETTERED

*Eight Session  
Bible Study*

# UNFETTERED

A Life Set Free From Lies, Shame, Fear, and Unforgiveness

## Study Guide



KERRI KENYON

This study is your journey towards emancipation, liberation, and freedom. Through it you'll be released from the mental, emotional, and spiritual chains that hold you. You will be truly... **UNFETTERED!**





# UNFETTERED

*Eight Session  
Bible Study*

# UNFETTERED

A Life Set Free From Lies, Shame, Fear, and Unforgiveness



KERRI KENYON

This study is your journey towards emancipation, liberation, and freedom. Through it you'll be released from the mental, emotional, and spiritual chains that hold you. You will be truly...**UNFETTERED!**

A Kerri Kenyon Bible Study

# STUDY GUIDE

# *A Note From Kerri...*

Dear friend,

Do you know what a fether is? A fether is a chain that holds you in captivity. No, you don't have literal chains around your wrists and ankles but are you aware of the fetters you wear spiritually?

Hebrews 12:1b-2a states, "...let us strip off every weight that slows us down, especially the sin that so easily hinders our progress. And let us run with endurance the race that God has set before us. We do this by keeping our eyes on Jesus, on whom our faith depends from start to finish."

Yes, the fetters you wear are the weights and sins that slow you down in your race towards your home in Heaven. These chains are designed by the enemy to trip you up or detour you off the pathway you were created to run on. Your only hope for freedom is found in keeping your eyes on Jesus!

In this study you learn to identify, reject, and replace (with The Truth!) every fether in your life. Through the power of God's Word, and His Spirit, you will overcome the same weapons the enemy has used since the Garden of Eden - lies, shame, fear, and unforgiveness.

This study is your journey towards emancipation, liberation, and freedom. Through it you'll be released from the mental, emotional, and spiritual chains that hold you. You will be unfettered. This is the freedom Jesus Christ bought for you through shedding His blood. He WILL set you free indeed (John 10:10)!

All for His Glory,

Kerri Kenyon

# Unfettered

AN ALLIANCE OF THE FREED, LIBERATED, AND UNSHACKLED

Copyright 2013 Unfettered Ministries. All rights reserved. Unauthorized use or duplication prohibited.  
All scripture quotations, unless otherwise noted, are taken from The New Living Translation version of the Bible.  
Published by: Unfettered Ministries 1030 S. Hutchins St. Suite 4-124 Lodi, CA 95240  
[www.fetterfree.org](http://www.fetterfree.org)

---

## Study Verse...

**"...let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us. We do this by keeping our eyes on Jesus, the author and finisher of our faith."**

***Hebrews 12:1b-2***

## My Declaration...

**Father God I invite you to expose every weight and sin that is tripping me up.  
Empower me to run with Endurance the race you have set before me; as I choose to keep my eyes on you, the author and finisher of my faith. This is my declaration!**

---



## Week 1

# Fetters vs. Freedom

### INTRODUCTION:

Spiritual fetters are the weights and sins that throw us off course and slow us down. Freedom comes when we recognize these hindrances and break agreement with anything that keeps us from walking in the fullness of our created design. In this introductory lesson we will learn the importance of humility and authenticity as we set out on our journey toward “life to the fullest” in Jesus Christ. (John 10:10)

### NOTES:

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

### KEY VERSES:

**Hebrews 12:1-2** *Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us. We do this by keeping our eyes on Jesus, on whom our faith depends from start to finish.*

*WHAT STOOD OUT TO ME...*

**John 8:31-41a** *Jesus said to the people who believed in him, "You are truly my disciples if you keep obeying my teachings. And you will know the truth, and the truth will set you free." "But we are descendants of Abraham," they said. "We have never been slaves to anyone on earth. What do you mean, 'set free'?" Jesus replied, "I assure you that everyone who sins is a slave of sin. A slave is not a permanent member of the family, but a son is part of the family forever. So if the Son sets you*

## NOTES

*free, you will indeed be free. Yes, I realize that you are descendants of Abraham. And yet some of you are trying to kill me because my message does not find a place in your hearts. I am telling you what I saw when I was with my Father. But you are following the advice of your father." "Our father is Abraham," they declared. "No," Jesus replied, "for if you were children of Abraham, you would follow his good example. I told you the truth I heard from God, but you are trying to kill me. Abraham wouldn't do a thing like that. No, you are obeying your real father when you act that way."*

**WHAT STOOD OUT TO ME...**

**Luke 11:35-36** *Make sure that the light you think you have is not really darkness. If you are filled with light, with no dark corners, then your whole life will be radiant, as though a floodlight is shining on you.*

**WHAT STOOD OUT TO ME...**

# SMALL GROUP EXPERIENCE

- Introduce yourself to your group and spend some time getting to know one another. Write the name of, and something interesting about, each person in your small group here...

- Review and sign the small group commitment at the back of this guide.
- As you reflect on this lesson, what are some of the fetters the Holy Spirit is making you aware of in your own life?

## INTERCESSION:

- How would you like this small group to pray for you as we move into this study together?



# ENCOUNTER HIS WORD...

- This week meditate on and memorize Hebrews 12:1-2. Come next week prepared to recite it to your small group.

*Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us. We do this by keeping our eyes on Jesus, on whom our faith depends from start to finish. Hebrews 12:1-2*

- Ask the Holy Spirit to reveal the weights and sin in your life. Pray... “Holy Spirit reveal to me the weights and sin in my life that slow me down and hinder my race toward complete freedom.” Write them below so that your heart and mind are prepared for the upcoming lessons. Next, pray... “Jesus help me keep my eyes on You and give me endurance to run the race You have set before me.”



# Freedom from the Fall

The Father is glorified when you acknowledge, and claim victory over, the spiritual battle raging around you. When you ignore the assaults of your enemy you give him power and ground that must be claimed for the Kingdom of God. In part one of this two week lesson you will learn to identify the enemy's attacks while keeping your eyes on The One who rescues you and calls you His Beloved.

[illegible]

**Ephesians 6:10-18** *A final word: Be strong in the Lord and in his mighty power. Put on all of God's armor so that you will be able to stand firm against all strategies of the devil. For we are not fighting against people made of flesh and blood, but against the evil rulers and authorities of the unseen world, against those mighty powers of darkness who rule this world, and against wicked spirits in the heavenly realms. Use every piece of God's armor so you will be able to resist the enemy in the time of evil, so that after the battle you will still be standing firm. Stand your ground, putting on the belt of truth and the body armor of God's righteousness. For shoes, put on the peace that comes from the Good News, so that you will be fully prepared. In every battle you will need faith as your shield to stop the fiery arrows aimed at you by Satan. Put on salvation as your helmet, and take the sword of the Spirit, which is the word of God. Pray in the Spirit at all times and on every occasion in the power of the Holy Spirit. Stay alert and be persistent in your prayers for all Christians everywhere.*



## NOTES

**Genesis 3:1-13** Now the serpent was the shrewdest of all the creatures the **LORD** God had made. "Really?" he asked the woman. "Did God really say you must not eat any of the fruit in the garden?" "Of course we may eat it," the woman told him. "It's only the fruit from the tree at the center of the garden that we are not allowed to eat. God says we must not eat it or even touch it, or we will die." "You won't die!" the serpent hissed. "God knows that your eyes will be opened when you eat it. You will become just like God, knowing everything, both good and evil." The woman was convinced. The fruit looked so fresh and delicious, and it would make her so wise! So she ate some of the fruit. She also gave some to her husband, who was with her. Then he ate it, too. At that moment, their eyes were opened, and they suddenly felt shame at their nakedness. So they strung fig leaves together around their hips to cover themselves. Toward evening they heard the **LORD** God walking about in the garden, so they hid themselves among the trees. The **LORD** God called to Adam, "Where are you?" He replied, "I heard you, so I hid. I was afraid because I was naked." "Who told you that you were naked?" the **LORD** God asked. "Have you eaten the fruit I commanded you not to eat?" "Yes," Adam admitted, "but it was the woman you gave me who brought me the fruit, and I ate it." Then the **LORD** God asked the woman, "How could you do such a thing?" "The serpent tricked me," she replied. "That's why I ate it."

Lies are: \_\_\_\_\_

Shame is: \_\_\_\_\_

Fear is: \_\_\_\_\_

WHAT STOOD OUT TO ME...



# SMALL GROUP EXPERIENCE

- Recite Hebrews 12:1-2 in the Small Group Experience section of week one.
- What is the “apple” in your life? How has the enemy been tempting you?
- What lie, shame or fear has the Holy Spirit already revealed to you tonight? Write it here and share it with your group.
- Have someone at the table read 2 Corinthians 10:3-5. This passage teaches us to hold every thought captive. Share with your group specific ways you can choose to operate in obedience to this passage,

## INTERCESSION:

- Small group leader, please pray for each member of your group. Claim the power, guidance, and protection of the Holy Spirit as the move into the Freedom exercise in the week ahead.

# ENCOUNTER HIS WORD. ..

- On the next three pages you will see a page dedicated to each of the three fetters. Ask the Holy Spirit to help you to listen for His still small voice. As you pray, list every lie, shame, and fear He brings to your mind. Once you have confirmation/peace that your list is complete, verbally reject (or renounce) every lie, shame, and fear you have listed.
- Before you begin, say a prayer and ask the Holy Spirit to lead, protect and guide you. Ask for his voice to speak to you truth and for you to hear Him clearly. Pray with your heart not your head. Getting out of your head is critical to this step. Before going on write your prayer here...



# LIES

- Now verbally reject (or renounce) every lie, shame, and fear you have listed.  
I reject the lie that I am \_\_\_\_\_





# SHAME

This is an important and critical step DO NOT skip it! For example...

---

# FEAR

- Now verbally reject (or renounce) every lie, shame, and fear you have listed.  
I reject the lie that I am \_\_\_\_\_

## ! VERBALLY REJECT...

This is an important and critical step DO NOT skip it! For example...



# Freedom from the Fall

We walk in our identity as the Signet Ring on the hand of God when we follow Jesus' example. It's critical we commit to not make the mistake Eve made when she changed, added to, and subtracted from God's Word. In this session you will learn to claim victory over the enemy's attacks by doing exactly what Jesus did in the garden of temptation.

[illegible]

**Matthew 4:1-11** *Then Jesus was led out into the wilderness by the Holy Spirit to be tempted there by the Devil. For forty days and forty nights he ate nothing and became very hungry. Then the Devil came and said to him, "If you are the Son of God, change these stones into loaves of bread." But Jesus told him, "No! The Scriptures say, 'People need more than bread for their life; they must feed on every word of God.'"* Then the Devil took him to Jerusalem, to the highest point of the Temple, and said, "If you are the Son of God, jump off! For the Scriptures say, 'He orders his angels to protect you. And they will hold you with their hands to keep you from striking your foot on a stone.'" Jesus responded, "The Scriptures also say, 'Do not test the Lord your God.'" Next the Devil took him to the peak of a very high mountain and showed him the nations of the world and all their glory. "I will give it all to you," he said, "if you will only kneel down and worship me." "Get out of here, Satan," Jesus told him. "For the Scriptures say, 'You must worship the Lord your God; serve only him.'" Then the Devil went away, and angels came and cared for Jesus.

## NOTES:

## WHAT STOOD OUT TO ME...

# SMALL GROUP EXPERIENCE

- Last week you were instructed you to write down your lies, shame and fears. Then you were instructed to “renounce” them verbally followed by writing the truth. This week in our small group we will be “living out” James 5:16. First have the small group leader pray that each person at your table will have the courage needed to live this out.
- Next, have someone in your group read it out loud. James 5:16 says, “Confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and wonderful results.” Now pray for each person willing to share.

## INTERCESSION:

- Matthew 18:18-20 states,  
*“I tell you this: Whatever you prohibit on earth is prohibited in heaven, and whatever you allow on earth is allowed in heaven.” I also tell you this. “If two of you agree down here on earth concerning anything you ask, my Father in heaven will do it for you. For where two or three gather together because they are mine, I am there among them.”*

In response to this passage break into groups of two and pray for each other. As you pray for each one another claim the Truth of the passages your partner has claimed and stand in agreement with them that every lie, shame, and fear they have rejected no longer holds them. Agree with them that they are healed, free, and unfettered through the power of God’s Word and the ministry of His Spirit!!!



# ENCOUNTER HIS WORD...

- Ask the Holy Spirit to guide you to a verse for every lie, shame and fear you listed on last week's homework. On the next three pages:
  1. List every lie on page 17, shame on page 18, and fear on page 19.
  2. Next to each one write out the opposite, which is the truth, declare the truth out loud so your "enemy" can hear you.
  3. Then write the corresponding verse. Memorize at least one verse from your list each week and quote them over yourself daily. When you are tempted to believe the lie speak the truth of God's Word to replace that lie and the Holy Spirit will give you the power to overcome. Pray for the Holy Spirit to help you remember the verses and to apply them to every lie, shame or fear. You will be amazed at how victoriously you live when you combat your "enemy" with truth of God's Word!





## VERSE

## 2 Timothy 1:7

On these next three pages write down the opposite of each of the lies, shame and fears. Then find a corresponding verse to memorize, by doing so, you will embrace the truth of what Jesus knows about you.

SHAME

THE TRUTH

VERSE

---

On these next three pages write down the opposite of each of the lies, shame and fears. Then find a corresponding verse to memorize, by doing so, you will embrace the truth of what Jesus knows about you.

FEAR

THE TRUTH

VERSE

---

# Journal...

Ask the Holy Spirit to bring to mind someone you trust to share this experience with. Now call them and ask them to meet with you. Ask them to hold you accountable and to support you as you seek further freedom. Write the name here, then write a prayer asking for wisdom and discernment as you meet with that person.





# Freedom from Deception & Control

Since the Garden of Eden we have desired to take control. The original deception in the Garden was intended to trick Adam and Eve into believing that God was withholding something good...something they needed and deserved. In this lesson we will discover that the enemy uses the very same tactic today. He deceives us, causing us to doubt that God is good and that He is “for us”. He constantly tempts us to reach out and take the “apple” of control in our own lives.

[illegible]

**John 8:41b-47** *They replied, "We were not born out of wedlock! Our true Father is God himself." Jesus told them, "If God were your Father, you would love me, because I have come to you from God. I am not here on my own, but he sent me. Why can't you understand what I am saying? It is because you are unable to do so! For you are the children of your father the Devil, and you love to do the evil things he does. He was a murderer from the beginning and has always hated the truth. There is no truth in him. When he lies, it is consistent with his character; for he is a liar and the father of lies. So when I tell the truth, you just naturally don't believe me! Which of you can truthfully accuse me of sin? And since I am telling you the truth, why don't you believe me? Anyone whose Father is God listens gladly to the words of God. Since you don't, it proves you aren't God's children."*

## WHAT STOOD OUT TO ME...

## NOTES

**Isaiah 28:14-19** *Therefore, listen to this message from the Lord, you scoffing rulers in Jerusalem. You boast, "We have struck a bargain to cheat death and have made a deal to dodge the grave. The coming destruction can never touch us, for we have built a strong refuge made of lies and deception." Therefore, this is what the Sovereign Lord says: "Look! I am placing a foundation stone in Jerusalem, a firm and tested stone. It is a precious cornerstone that is safe to build on. Whoever believes need never be shaken. I will test you with the measuring line of justice and the plumb line of righteousness. Since your refuge is made of lies, a hailstorm will knock it down. Since it is made of deception, a flood will sweep it away. I will cancel the bargain you made to cheat death, and I will overturn your deal to dodge the grave. When the terrible enemy sweeps through, you will be trampled into the ground. Again and again that flood will come, morning after morning, day and night, until you are carried away."*

*WHAT STOOD OUT TO ME...*

**Isaiah 55:8-9** *"My thoughts are nothing like your thoughts," says the Lord. "And my ways are far beyond anything you could imagine. For just as the heavens are higher than the earth, so my ways are higher than your ways and my thoughts higher than your thoughts."*

*WHAT STOOD OUT TO ME...*

# SMALL GROUP EXPERIENCE

- Discuss as a group what you believe are the most common lies Satan tries to tell people.
- How has deception (lies you believe) led to negative results or situations or caused you to take control instead of trusting God in your life/circumstances?
- What area of your life/relationships do you seek to control most often? What are you afraid will happen in this area of your life if you don't take control?

## INTERCESSION:

Take turns confessing (in prayer) the areas of your life in which deception has led to controlling behavior. Next, claim the power and sovereignty of your Heavenly Father and confess that He is in control of every area of your life, relationships, and circumstances!



# ENCOUNTER HIS WORD...

- Meditate each day on Isaiah 55:8-9 and ask the Holy Spirit to reveal Truth to you in the areas of your life you are tempted to take control.

*“My thoughts are nothing like your thoughts,” says the Lord. “And my ways are far beyond anything you could imagine. For just as the heavens are higher than the earth, so my ways are higher than your ways and my thoughts higher than your thoughts.”*

- Relinquish control to Him each day this week in prayer, as you verbally claim that His ways and thoughts are nothing like yours...He is higher, greater, and far more powerful. Ask Him daily to give you the strength, courage and faith to trust Him!

## Journal...

- Day One- Today I relinquish control over...

And trust you for....

- Day Two- Today I relinquish control over...

And trust you for....

- Day Three- Today I relinquish control over...

And trust you for....

- Day Four- Today I relinquish control over...

And trust you for....

- Day Five- Today I relinquish control over...

# Freedom from Condemnation & Fear

In this lesson we will learn the manifestation of deception is always condemnation and fear. Condemnation is the voice that shames us, telling us we are unworthy and/or not enough. It seeks to betray our true identity as the Beloved. Fear is spiritual paralysis, which is the enemy's goal for us. He knows He can't steal us so he seeks to do the next best thing, render us ineffective for the Kingdom of God.

## This image shows a vertical rectangular sheet of white paper. It features approximately 20 evenly spaced horizontal orange lines running from left to right, creating a series of uniform rows suitable for handwriting practice or general note-taking. The lines are thin and consistent in color throughout the document.

**Romans 8:1-4** *So now there is no condemnation for those who belong to Christ Jesus. For the power of the life-giving Spirit has freed you through Christ Jesus from the power of sin that leads to death. The law of Moses could not save us, because of our sinful nature. But God put into effect a different plan to save us. He sent his own Son in a human body like ours, except that ours are sinful. God destroyed sin's control over us by giving his Son as a sacrifice for our sins. He did this so that the requirement of the law would be fully accomplished for us who no longer follow our sinful nature but instead follow the Spirit.*

*WHAT STOOD OUT TO ME...*



## NOTES

**1 John 4:16-19** *We know how much God loves us, and we have put our trust in him. God is love, and all who live in love live in God, and God lives in them. And as we live in God, our love grows more perfect. So we will not be afraid on the day of judgment, but we can face him with confidence because we are like Christ here in this world. Such love has no fear because perfect love expels all fear. If we are afraid, it is for fear of judgment, and this shows that his love has not been perfected in us. We love each other as a result of his loving us first.*

*WHAT STOOD OUT TO ME...*

**2 Timothy 1:7-10** *For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline. So you must never be ashamed to tell others about our Lord. And don't be ashamed of me, either, even though I'm in prison for Christ. With the strength God gives you, be ready to suffer with me for the proclamation of the Good News. It is God who saved us and chose us to live a holy life. He did this not because we deserved it, but because that was his plan long before the world began - to show his love and kindness to us through Christ Jesus. And now he has made all of this plain to us by the coming of Christ Jesus, our Savior, who broke the power of death and showed us the way to everlasting life through the Good News.*

*WHAT STOOD OUT TO ME...*



# SMALL GROUP EXPERIENCE

- Fear is the enemy's goal in all of our lives. It can/will manifest in either pride or insecurity. How does fear show up most often in your life? Share specific examples with your group so they know how to pray for you in the days/weeks ahead.

- Have one member of your small group read 2 Timothy 1:7-10 out loud and discuss it together.

*For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline. So you must never be ashamed to tell others about our Lord. And don't be ashamed of me, either, even though I'm in prison for Christ. With the strength God gives you, be ready to suffer with me for the proclamation of the Good News. It is God who saved us and chose us to live a holy life. He did this not because He deserved it, but because that was his plan long before the world began - to show his love and kindness to us through Christ Jesus. And now he has made all of this plain to us by the coming of Christ Jesus, our Savior, who broke the power of death and showed us the way to everlasting life through the Good News.*

According to the verse, what has God NOT given us? \_\_\_\_\_

What has God given us? \_\_\_\_\_

What should our response be? \_\_\_\_\_

What should we be ready for? \_\_\_\_\_

When did God devise a plan to save us through Christ Jesus? \_\_\_\_\_

So before he created you, He had already decided to D\_ \_ for You! (fill in the blank)

## INTERCESSION:

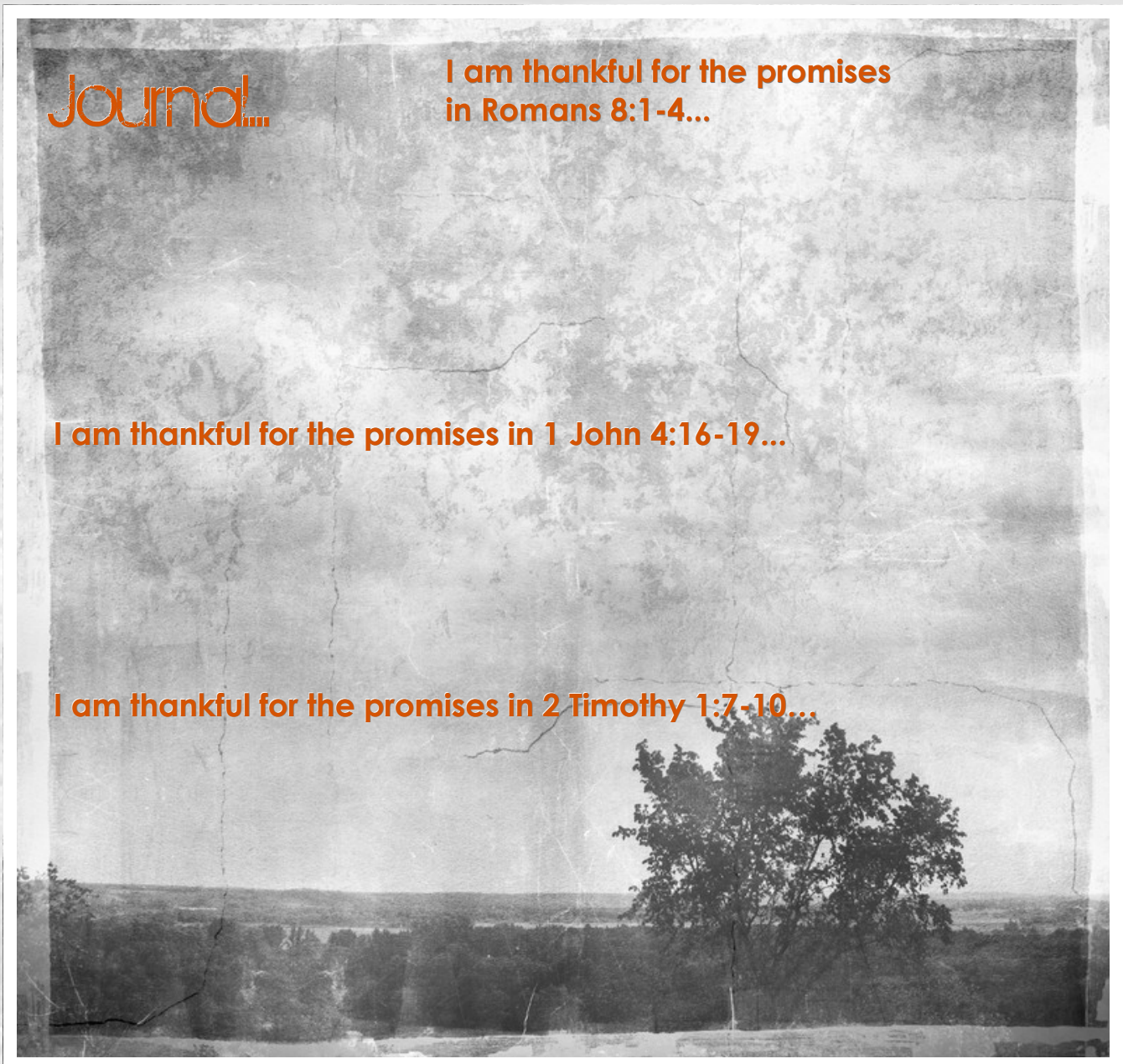
- Now, break into groups of two and pray for each other that you would walk in the power, love, and self-discipline promised to us in Jesus Christ.

OR

- Romans 8:1 says there no condemnation (shame) in Jesus Christ. Confess any condemnation you have agreed with and take turns praying for one another.

# ENCOUNTER HIS WORD...

- In this study we have focused on rejecting the lies, shame, and fear that are hurled at us from our enemy. This is not a one time exercise. We must daily “put on” the Truth of God’s Word and meditate on what is excellent and worthy of praise (Phil. 4:8). This week take some time to study each verse and find promises that you can be thankful for. Thank your Heavenly Father for setting you free and claim the three verses in this lesson out loud over your home, life, relationships, and circumstances in prayer.





Week 6 part one

# Freedom through Forgiveness

## INTRODUCTION:

Harboring unforgiveness is becoming socially acceptable; often we coddle each other into believing we deserve to be upset when we are treated unjustly. In doing so, without realizing it, we operate in and condone a spirit of unforgiveness. This week you will learn that this social norm does not add up to God's law. His Word is clear that we're not to come to Him expecting forgiveness until we choose to forgive others.

## NOTES:

## KEY VERSES:

*Ephesians 6:10-12 A final word: Be strong with the Lord's mighty power. Put on all of God's armor so that you will be able to stand firm against all strategies and tricks of the Devil. For we are not fighting against people made of flesh and blood, but against the evil rulers and authorities of the unseen world, against those mighty powers of darkness who rule this world, and against wicked spirits in the heavenly realms.*

*WHAT STOOD OUT TO ME...*

*Galatians 5:7-10 & 13-15 You were getting along so well. Who has interfered with you to hold you back from following the truth? It certainly isn't God, for he is the one who called you to freedom. But it takes only one wrong person among you to infect all the others-- a little yeast spreads quickly through the whole batch of dough! I am trusting the Lord to bring you back to believing as I do about these things. God will judge that person, whoever it is, who has been troubling and confusing you. For you have been*



*called to live in freedom - not freedom to satisfy your sinful nature, but freedom to serve one another in love. For the whole law can be summed up in this one command: "Love your neighbor as yourself." But if instead of showing love among yourselves you are always biting and devouring one another, watch out! Beware of destroying one another.*

*WHAT STOOD OUT TO ME...*

NOTES:

---

---

---

---

---

---

---

---

---

---

**Matthew 5:22-24** *But I say, if you are angry with someone, you are subject to judgment! If you call someone an idiot, you are in danger of being brought before the high council. And if you curse someone, you are in danger of the fires of hell. So if you are standing before the altar in the Temple, offering a sacrifice to God, and you suddenly remember that someone has something against you, leave your sacrifice there beside the altar. Go and be reconciled to that person. Then come and offer your sacrifice to God.*

*WHAT STOOD OUT TO ME...*

---

---

---

---

---

---

---

---

**Hebrews 12:14-15** *Try to live in peace with everyone, and seek to live a clean and holy life, for those who are not holy will not see the Lord. Look after each other so that none of you will miss out on the special favor of God. Watch out that no bitter root of unbelief rises up among you, for whenever it springs up, many are corrupted by its poison.*

*WHAT STOOD OUT TO ME...*

---

---

---

---

---

---

---

---

# SMALL GROUP EXPERIENCE

- Hebrews 12:14-15 says,  
*Try to live in peace with everyone, and seek to live a clean and holy life, for those who are not holy will not see the Lord. Look after each other so that none of you will miss out on the special favor of God. Watch out that no bitter root of unbelief rises up among you, for whenever it springs up, many are corrupted by its poison.*

As a group take 5 minutes and pray silently asking the Holy Spirit to reveal to you areas that your life is not lining up with the Hebrews 12 passage.

- As a group pick out the “action statements” in the passage and write them here...
- Why does the author encourage us “try to live in peace with everyone”?
- What do you think is meant by “special favor of God”?
- What is the dangerous by-product of a “bitter root”?
- Who has “Galatians 5:7’d” you? What is the Holy Spirit leading you to do with your offense? Share your thoughts with your group.

## INTERCESSION:

- Take some time to pray for yourself and each other. Ask the Holy Spirit to reveal any roots of bitterness that have been growing in your heart and life...especially in your personal relationship with God. Confess any bitterness He reveals and ask Him to heal your relationship with Him, granting you the courage to trust Him - in all things.

# ENCOUNTER HIS WORD...

- Prayerfully meditate on Luke 7:36-48 throughout this week. Ask the Holy Spirit for insight and courage, then answer the following questions...

## Journal...

- When have you sat in judgment like Simon the Pharisee? Write it here...
- Now reflect on all the forgiveness you have received in Jesus Christ. Write your thoughts here...
- Confess any judgment or bitterness in your life. As it is revealed to you write it here...
- Each day thank Him for the forgiveness you have received and ask Him to empower you to forgive those that have hurt or offended you.



# Freedom through Forgiveness

Forgiveness requires a reassignment of our will and way; it requires that we walk by faith. When we choose to forgive we put *The One* who created us back on the Throne of our lives. In this session you will learn to let the people who have hurt you “off of your hook”, learning instead to trust your Heavenly Father to act on your behalf. This is the ultimate act of faith!

## This image shows a vertical sheet of white paper with horizontal orange ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

**Matthew 6:12-13** *And forgive us our sins, just as we have forgiven those who have sinned against us. And don't let us yield to temptation, but deliver us from the evil one. If you forgive those who sin against you, your heavenly Father will forgive you. But if you refuse to forgive others, your Father will not forgive your sins.*

**Mark 11:22-25** *Then Jesus said to the disciples, "Have faith in God. I assure you that you can say to this mountain, 'May God lift you up and throw you into the sea,' and your command will be*

## NOTES:

## WHAT STOOD OUT TO ME...

# SMALL GROUP EXPERIENCE

As a group re-read

*Matthew 6:12-15 And forgive us our sins, just as we have forgiven those who have sinned against us. And don't let us yield to temptation, but deliver us from the evil one. If you forgive those who sin against you, your heavenly Father will forgive you. But if you refuse to forgive others, your Father will not forgive your sins.*

Have the small group leader lead you in a prayer asking the Holy Spirit to give wisdom and discernment to each member of the group, as to the significance of how this passage has affected their life.

Then as a group, share and reflect on the following questions:

- Read Isaiah 59:1-2 Does our sin separate us from God? What is the consequence to this sin?
- Have someone in your group read  
*Matthew 5:22-24 But I say, if you are even angry with someone you are subject to judgment! If you call someone an idiot, you are in danger of being brought before the court. And if you curse someone, you are in danger of the fires of hell. So if you are presenting a sacrifice at the altar in the Temple and you suddenly remember that someone has something against you, leave your sacrifice there at the altar. Go and be reconciled to that person. Then come and offer your sacrifice to God.*
- According to Matthew 5:22-24, what are we to do if we have a broken relationship with someone?
- After that reconciliation what are we then free to do?
- Read Romans 8:5-11 Is it possible that if you were to forgive and be reconciled to that person, you could live with a new freedom and joy you may not currently have? Share your thoughts with the group.
- Do you believe the (perceived) risk of that reconciliation is worth it if it means you will be restored to The One who calls you His beloved?

## INTERCESSION:

- This week in your encounter time you will be choosing to forgive anyone who has hurt, offended, betrayed or harmed you in anyway. Break into groups of two and pray for each other that you will have the courage, faith and obedience to forgive everything...just as you have been forgiven everything through the cross of Jesus Christ.



# ENCOUNTER HIS WORD...

- Is there someone in your life that you are angry with? How have you attempted to justify your anger? As far as you are concerned, is the sin committed against you greater than the sins you have been forgiven for (at the cross of Jesus Christ)? In Jesus' eyes, are all sins the same? Write your thoughts...
- Ask the Holy Spirit to pray for you (Romans 8:26-27) and to reveal each person you need to forgive. Keep in mind that you may need to forgive yourself and God as well. Write down each name He brings to mind....

Now receive the freedom available to you by praying the following prayer written in your journal below...

**Journal...**

**Father God I come to you in the name of your son Jesus Christ. Through the blood that He shed and through the power of the Holy Spirit...(continue below...)**

**I choose to forgive ...**

\_\_\_\_\_

*(name)*

**for ...**

\_\_\_\_\_

*(name the offense)*

**because it made me feel ...**

\_\_\_\_\_

*(emotional impact)*

**I praise you God for the freedom that comes through forgiveness! Now continue to pray the prayer for each person**

## Week 8

# Forever Free!

### INTRODUCTION:

We are called to live unfettered, truly free lives, so that we can invite and influence others to do the same. Our freedom is a gift we are called to give away and we have been given all we need to live lives that are pleasing to our God. In this concluding lesson we will claim all we have been given through His Spirit and together we will commit to taking it out into our sphere of influence, and the world, as ambassadors for His Kingdom!

### NOTES:

### KEY VERSES:

**Galatians 5:13-18** *For you have been called to live in freedom - not freedom to satisfy your sinful nature, but freedom to serve one another in love. For the whole law can be summed up in this one command: "Love your neighbor as yourself." But if instead of showing love among yourselves you are always biting and devouring one another, watch out! Beware of destroying one another. So I advise you to live according to your new life in the Holy Spirit. Then you won't be doing what your sinful nature craves. The old sinful nature loves to do evil, which is just opposite from what the Holy Spirit wants. And the Spirit gives us desires that are opposite from what the sinful nature desires. These two forces are constantly fighting each other, and your choices are never free from this conflict. But when you are directed by the Holy Spirit, you are no longer subject to the law.*

*WHAT STOOD OUT TO ME...*



## NOTES:

**John 14:12-14** *The truth is, anyone who believes in me will do the same works I have done, and even greater works, because I am going to be with the Father. You can ask for anything in my name, and I will do it, because the work of the Son brings glory to the Father. Yes, ask anything in my name, and I will do it!*  
*WHAT STOOD OUT TO ME...*

**Hebrews 13:20-21** *And now, may the God of peace, who brought again from the dead our Lord Jesus, equip you with all you need for doing his will. May he produce in you, through the power of Jesus Christ, all that is pleasing to him. Jesus is the great Shepherd of the sheep by an everlasting covenant, signed with his blood. To him be glory forever and ever. Amen.*  
*WHAT STOOD OUT TO ME...*



# SMALL GROUP EXPERIENCE

- Share with your group what verses have impacted your life the most in this study.
- How has this process of becoming “Unfettered” changed your emotional, mental, and spiritual “outlook”?
- What is the biggest change (fruit) you see in your own life as a result of this study? Now speak into the lives of each of your group members. What changes and/or growth have you seen in them?

## INTERCESSION:

- Take turns praying for each other that the work of the Holy Spirit would be sealed in each of your lives.
- OR
- Partner up (groups of two) and commit to checking in with your partner at least once a week to maintain the accountability you have established in this study.

# ENCOUNTER HIS WORD...

- Continue working on your lies, fear, and shame exercises as the Holy Spirit prompts you. Always reject each item you list and be sure to replace each and every one with the Truth of God's Word! In the months ahead you may wish to cross off the "weapons" you are set free from and transfer those things into a praise journal...thanking the Lord for His victory in your life!



# SMALL GROUP COMMITMENT:

## GUIDELINES FOR OUR INTERACTION TOGETHER

As a committed small group member, I will...

- **Attend faithfully.** I will be prompt and regular in my attendance and do my best to be at every meeting.
- **Promote safe discussion.** I will make this small group a safe place to be honest, transparent and encouraging. I will assist in creating an environment where we can be free to share our thoughts, fears, and ideas without being judged or condemned by others.
- **Let the Bible be our ultimate authority.** I will respect different opinions or beliefs and let the Scripture be the final arbitrator of our discussion with a spirit of unity, gentleness and kindness.
- **Be confidential.** Personal feelings or experiences shared in the study will stay within the group and not shared outside this small group. We will, out of love, remain confidential, safe and caring for the members of our small group.
- **Commit to spiritual growth.** I will complete the personal and group assignments. I will share my progress and struggles and let others help me on the path to Christ-like behavior and transformation.
- **Be positive, friendly and helpful.** I will look for ways to actively help, encourage and assist the group members to be all that God intends for them to be. I will pray for and hold others accountable as needed.
- **Be accountable to the group member the for goals I set here.**

Signed by: \_\_\_\_\_ Date: \_\_\_\_\_



# NOTES

## NOTES

## NOTES

## NOTES

## NOTES

## NOTES

## NOTES

## NOTES

## NOTES

## NOTES

## NOTES

## NOTES

## NOTES

## NOTES

## NOTES

## NOTES

## NOTES

## NOTES

## NOTES

## NOTES



# UNFETTERED

The aim of this eight week study is for men and women to walk in the fullness and freedom of their created design. Born out of Kerri's own story of grace, these messages will challenge you to live a life truly set free from the lies, fears, and shame that slow you down and deter you from fulfilling God's intended purpose for your life.

A Publication of...

*Unfettered Ministries*

AN ALLIANCE OF THE FREED, LIBERATED, AND UNSHACKLED

**[www.fetterfree.org](http://www.fetterfree.org)**