

Freedom Series

Jaclyn Palmer







To get the most out of this study, watch the short video for each chapter prior to beginning the chapter.

Links to each video can be found on <u>Rumble</u>, <u>Youtube</u> and <u>Facebook.</u>



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I had the opportunity to dive into this series with a small group of girls none of us knowing where this study would take us. We simply showed up, opened Scripture, and followed the leading of the Holy Spirit. What we found was Scripture that we could use as Swords while living in the freedom of Jesus Christ.

No matter what you are seeking freedom from, this 12-week study will meet you where you are. You will find a foundation to stand on as you are.

*My prayer is that you will walk away knowing who you are, who the Holy Spirit is, and what true freedom feels like and looks like in your life—today.* 

Jaclyn



#### **WOMEN INSEPARABLE**

#### WHO WE ARE

We are women who stand together on the promise of Jesus Christ's love that He displayed on the cross, sealed in the grave, and eternally proclaimed in His resurrection!

As followers of Jesus, we are Inseparable of Christ's love despite our various journeys of life, our joys, our pains, our society, our culture, our location, or the physical distance between us.

And in His Love, we stand together in Prayer, Scripture, and Girl Time proudly declaring that we are Women Inseparable.

"Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or danger, or sword? As it is written, 'For your sake we are being killed all the day long; we are regarded as sheep to be slaughtered.' No, in all these things we are more than conquerors through him who loved us. For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord."

Romans 8:35-39 ESV



### CHAPTER **ONE**

Will you join me in this unplanned study on freedom? The very first question is the same as the very first question always ought to be. Do you know Jesus? I do not ask if you know Moses or the God of the Old Testament. Nor do I ask if you attend a church or participate in a religion. In 2 Corinthians 3 we see there is a difference in these questions. To know Jesus is fully set apart from the knowing of Moses or of one's affection toward their church.

Paul is clear in explaining this difference through the power of words —he reveals the light that is blocked by the curtain of yesterday's sun. Ponder that statement, Christian believer. The questions that will follow the first vital question of salvation are all directed to you as you are, where you are.

#### 🔵 Goal

See that the answer to freedom is found in Jesus.

Personal Challenge

Write a list—Where do I want freedom?



2 Corinthians 3:12–18

Write a list-Where do I want freedom?



Use this space to take additional notes. Jot down your questions, Scriptures, or anything else you would like to add.

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### CHAPTER TWO

The answer to "Do you know Jesus?" will either be a yes or a no. Each of us is born with the answer no written upon us. We are born, as Paul says, dead in trespasses and sins, simply by being human. At one point in some of our lives, we learned about the name of Jesus Christ. We heard about His love shown for all humans on the cross. As we sat there hearing about His love, we saw Him there with our sin on Him. We saw Him die in the weight of our own flesh. At this moment, we began to understand the depth of what Jesus did for us. He fully removed our sin from us and took it to the grave, buried it in eternal death for us. And as we sat there pondering the immensity of such love and feeling a juxtaposition of sorrow for what our sin caused and the breath that fills our lungs with an indescribable freedom, our ears heard what our hearts were longing to hear, "Jesus is risen again just as He said."

Today, as women who have heard and believed that Jesus is risen again, we read Paul's words with awe and full certainty that it is by grace that we have been saved. It was not by our own works, but that our salvation, our *yes*, is a gift from God.

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See Scripture personally.

#### Personal Challenge

Don't forget your past. Give a name to the area in which you need freedom. When you pray for freedom, use this verse . . . Ephesians 2:22.

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Use this space to take additional notes. Jot down your questions, Scriptures, or anything else you would like to add.

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### CHAPTER THREE

Peter was filled with the Holy Spirit after Jesus Christ ascended back into Heaven. The giving of the Spirit of God was a promise from Jesus for the disciples after His departure. Jesus desired that His disciples had full access to the power of God so that they could follow Him in all things. Jesus's desire for you and me is exactly the same. This is what we see in Acts 10.

Once we are filled with the Holy Spirit, we are given the constant opportunity to walk in the Spirit. Another way of saying this is—we are given the constant opportunity to obey the Spirit of God within us. Peter is being instructed at this very moment to obey the Spirit of God. May we sit with this passage and simply observe what it looks like to find freedom. Perhaps in our observation, we will see the responsibility God has entrusted us with and the obedience that is required when we decide to follow and obey the leading of the Spirit of God.

**Goal** Allow the Spirit to bring freedom into your life.

#### Personal Challenge

Find the Spirit in the characters of this story. Read Acts 9 & 10 to get the full story.

Page 1

Acts 10:1-8

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Use this space to take additional notes. Jot down your questions, Scriptures, or anything else you would like to add.

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### CHAPTER FOUR

Peter had to step aside from what he knew in his heart was right. His standards had to come second to the Spirit's plan for the Gentiles. This life lesson took all of Peter to open his hands, his mind, and his actions. He had to choose to trust the Lord with all his might, to lean not on his understanding of what was considered appropriate in culture, and to acknowledge the Spirit's leading to be of greater value than standing on his personal conviction.

What I love about the Holy Spirit is His kindness in meeting us where we are. He knows our convictions, He knows the standard in which we find comfort in living. And He grows us when He knows we are ready to see the bigger picture. You see, the bigger picture will always include the salvation of others. At times, for this to happen, we must open our hands and trust that the Spirit knows what He is doing. For the record, we can always trust that the Spirit of God knows what He is doing.

**Goal** Allow the Spirit the freedom to lead.

#### Personal Challenge

Learn from Peter. Read Matthew, 1 Peter, and 2 Peter.





Learn from Peter. Read Matthew, 1 Peter, and 2 Peter. Write what you've learned here.



Use this space to take additional notes. Jot down your questions, Scriptures, or anything else you would like to add.

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### CHAPTER FIVE

What does living in freedom look like? This answer depends on what we are living free from. Some are living free from God. As seen in Romans 1, there are some who are given over to sin. And in their place of sin, they live their life free from the Hand of God. This is seen as a life lived unto self—a life doing what seems best for oneself. This is freedom from God.

In this freedom from God, one might declare their truths and demand their platforms, but in the end there is no peace in this choice of freedom. To live without God is to die without God. We must all make the choice to live in freedom. Further still, we must all make the choice to embrace the freedom from sin that comes by faith in Jesus Christ. By faith, some are living free from sin. It's one or the other.

Choose what freedom you are looking for.

#### Personal Challenge

Read Romans. Write the word freedom. Make two lists—Freedom from God & Freedom from sin.

Page 1'

Romans 3:5–18

Read Romans. Write the word freedom. Make two lists—Freedom from God & Freedom from sin.



Use this space to take additional notes. Jot down your questions, Scriptures, or anything else you would like to add.

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### CHAPTER SIX

Once we decide that we would rather live in freedom from sin, our next step is to change our mentality toward sin. Scripture differentiates between sin and righteousness throughout the letters written by men who experienced this transition. They saw the change that occurred within themselves as they submitted to the ever presence of the Holy Spirit—by faith.

Jesus Christ died once and rose again, bringing an eternal silence to sin upon all who are alive in God through belief in Jesus Christ. So then, we who are alive in God must see ourselves as alive in God. That is a powerful freedom to behold. Can you see it? Sin has lost its hold on you. Are you willing to lose your hold on sin?



#### Personal Challenge

Consider yourself dead to sin.





Consider yourself dead to sin. Write any notes about that here.



Use this space to take additional notes. Jot down your questions, Scriptures, or anything else you would like to add.

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### CHAPTER SEVEN

Wisdom from God is pure. It is undefiled. It is full of peace and of good will. This is the wisdom we seek deep within. It is quite different from the wisdom that is built up around us and within us. To find freedom from the war that rages within our minds and within our souls, we need to see the source of the wisdom we are listening to. May we set the false wisdom, the unhealthy wisdom, the overused wisdom aside and seek rather the wisdom that comes from God.

May we wear God's wisdom visibly. May we etch His truth upon our hearts in place of the old. May we allow God's wisdom to be louder in our thoughts than any other word that desires to take up space. God promises favor and good success in His eyes and in the eyes of those around us when we live in His wisdom. What freedom His wisdom brings: freedom from an internal war; freedom from the feeling of losing the same fight. Wisdom from God brings forth a success that is Good.



Personal Challenge

Read Proverbs 3 and James.





Page 2

Read Proverbs 3 and James. Write any of your notes here.



Use this space to take additional notes. Jot down your questions, Scriptures, or anything else you would like to add.

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### CHAPTER EIGHT

God has created us to do so much more than what we see. We hear sentences like this often in our Christian circle, and we strive to attain the "much more than what we see." May I challenge us to add a piece to this concept.

Yes, God has created us to do so much more than what we see, for God has created us to live on earth as it is in heaven. When we strive to utilize all that we are on earth, then the reward of that work is of earth beneficial to others, yes. However, when we see who we are through God's creative lens "as in heaven," then what we do on earth comes with a reward far richer than earthly gain. Eternal life of tomorrow is experienced today as we step outside the box of earthly limitations and see what God has for eternity—today.

**Goal** Truly see who we are and where we are.

#### Personal Challenge

Write on a piece of paper—What is my life? Lay it before God. Read James 4:1–10.

Page 26

James 4:11–17

Write on a piece of paper—What is my life? Lay it before God. Read James 4:1–10.



Use this space to take additional notes. Jot down your questions, Scriptures, or anything else you would like to add.

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### CHAPTER **NINE**

When we step outside the earthly minded box of existence, then our days are cleared up to live moment by moment without sin demanding our every breath. Freedom from sin's control is found in James 4 in such a mind-blowing way. I pray we'll all see the freedom from sin that sits before us as we change our mentality to that of Jesus—on earth as it is in heaven.

When we freely state that His plan is more important that what we detail for today and tomorrow, then it becomes easier to know and focus on the right thing for us to do at every gifted moment in our lives. And as we focus on each right thing to do, and we do it, then we are living the life created for us, a life lived in freedom from sin.



#### Personal Challenge

Pause video; make a list of sins.





Pause video; make a list of sins.



Use this space to take additional notes. Jot down your questions, Scriptures, or anything else you would like to add.

### CHAPTER **TEN**

What does it look like to walk intently with the Spirit? To answer this question is to be quite vulnerable, always. Not only does walking with the Spirit look different within each child of God, but each step has its own appearance. In order to grasp this, we need to first assess where the Spirit is. May we be ever so careful not to evaluate where we are; in doing so, we may begin doing the work once again. However, if we assess where the Spirit of God is, then we can set our eyes on Him, allowing Him to do the work.

As the Spirit of God does the work—as He stands still, takes a step forward, shifts to the right—we set our gaze intently on Him to the point that we become consumed with walking in the Spirit. When He moves, we move. No more pressure to perform. No more guilt of not doing enough or being good enough. For the Spirit of God is alive! He is alive in you, and you are simply walking with Him.

**Goal** Intently walk with the Spirit.

#### Personal Challenge

Start over today with the Holy Spirit by observing "right now."





Start over today with the Holy Spirit by observing "right now."



Use this space to take additional notes. Jot down your questions, Scriptures, or anything else you would like to add.

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### CHAPTER ELEVEN

So often we use the rightful phrase "Sister in Christ" as we study Scripture together. We band together in unison before the Throne of God in prayer and praise. We hold each other's burdens and encourage one another during the ebb and flow of these earthly seasons of life. May we forever continue steadfast in caring for and loving our Sisters in Christ!

But can we reflect on the word Sister for a moment. Not only are you and I Sisters in Christ, but we are the very sister of Jesus Christ. Scripture declares that by faith in our Risen Savior we are then heirs of God and joint heirs with Jesus Christ, the Son of God! Ponder the depths of this truth. Jesus is our brother—forever and always! He is there to protect us, stand beside us, and pray for us. He is truly our way, our truth, and our life; He is our Brother, allowing us full access to His Father as our Father. Oh, how Good is our Jesus!



Personal Challenge Read Romans 8.





Read Romans 8.



Use this space to take additional notes. Jot down your questions, Scriptures, or anything else you would like to add.

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### CHAPTER TWELVE

We have freedom from holding on to the trials of life. We can *live* in the midst, instead of simply surviving yet another day. We can embrace the life God has designed for you and me to live, embrace it by living in His freedom. Even when reality is beyond difficult, we can live today beside Jesus before the Throne.

The more we stand with Jesus before the Throne of God, the more we become like Jesus. This truth is the abundant foundation of our Freedom Study! Live in His freedom from the heartache of today. So that when heartaches do come we are already standing beside Jesus before the Throne filled with His Spirit. In this love, we live in the midst of the heartache wrapped in the freedom of our God. Our hands are open. Our hearts are filled. Our lives are scripted and designed and created and paved for us—in freedom. This is what our Jesus came and lived for. This is why He died and rose again. This is why He gave us a Comforter. This is who we are—His!

Declare your freedom according to Romans 8.

Personal Challenge

Who are you permitting to stand in place of Freedom?





Who are you permitting to stand in place of Freedom?



Use this space to take additional notes. Jot down your questions, Scriptures, or anything else you would like to add.

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## ADDITIONAL RESOURCES

Additional studies and resources can be found on our website and social media platforms.



#### WOMENINSEPARABLE.COM

Bibleproject.com

<u>Bible.com</u>

Contact us at: Inseparableministriesinc@gmail.com

