

# What is making me free, and what is restricting my freedom?



## PRAY

### My Lord and my God!

You are a God of freedom. You love free people. You are the one who set us free for freedom. You overcame the author of all evil and freed us from the captivity of death. Nothing shall rule us. But you — be our Lord. Amen.



## CONTEMPLATE

One person reads the Bible passage aloud.  
Short silence.

**Exchange:** *What particularly appealed to you?*



## STUDY

1. Read YOUCAT text sentence-for-sentence. Then one person reads the text aloud in full.
2. Three minutes of silence.
3. Each person reads a word or phrase aloud (without comment) that he or she has noticed.
4. Explain briefly in the next round why you have chosen the sentence (e.g. memories, questions, etc.).



## DISCUSS

**Also discuss your own questions on this topic!**

**Treasure Book:** *Take five minutes to write down what you don't want to forget.*



## CHALLENGE

Our **CHALLENGES** are just suggestions you can make in addition to your study guide meetings. You can also replace them with stronger, more fitting, more original or better ones. Just let us know at [feedback@youcat.org](mailto:feedback@youcat.org).

**#YOUCATChallenge:** Share your experience on Facebook or Instagram.



## Gal 5:1

For freedom Christ set us free; so stand firm and do not submit again to the yoke of slavery.

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*What is freedom and what is it for?*

**Freedom is the God-given power to be able to act of one's own accord; a person who is free no longer acts under the influence of someone else. [1730–1733, 1743–1744]**

God created us as free men and wills our freedom so that we might decide wholeheartedly in favor of the good, indeed for the greatest “good”—in other words, for God. The more we do what is good, the freer we become.

1. What is your dream of freedom?
2. Why do we have to be “set free for freedom” by God? (Gal 5:1)
3. Why are so many things which promise to make us free, independent, and happy instead leading us to slavery? Find some examples.
4. Who do you admire for their freedom? (Freedom for others, for a great work, a social heroic deed?)

Undergo an addiction test. Search the web for or ask yourself the following: How long can I live without consuming alcohol, tobacco, drugs, audio, pornography, internet games?

If you feel strong enough, share with others (“I am writing you this letter today, as I need your advice or maybe your help...”). This does not make you small. The others will admire your courage.

Do you accept this challenge?

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