

Summer at Freedom Week 5 Study Guide

6-22-25 “The Bounce Back”

Key Themes

1. **Bouncing Back:** Overcoming failure, hurt, or betrayal by trusting God and moving forward.
2. **Feelings vs. Truth:** Emotions are indicators, not dictators. Align feelings with God's truth.
3. **Forgiveness:** Receive God's forgiveness and extend it to others to break cycles of guilt and resentment.
4. **Grace:** God's grace saves, empowers, and transforms us to live godly lives.

Core Scriptures

- **James 1:14-15:** Temptation leads to sin if not resisted, but God provides a way out.
- **Hebrews 4:15:** Jesus empathizes with our weaknesses, having been tempted yet sinless.
- **1 Corinthians 10:13:** God limits temptation and provides an escape.
- **Proverbs 3:5-6:** Trust God, not feelings, for guidance.
- **Psalms 42:11:** Redirect emotions to hope in God.
- **2 Corinthians 10:5:** Take thoughts captive to align with Christ.
- **Romans 6:20-23:** Sin leads to death, but God's gift is eternal life through Jesus.
- **Romans 8:1:** No condemnation for those in Christ.
- **Romans 5:20-21:** Grace abounds where sin increases.
- **Titus 2:11-12:** Grace saves and trains us to reject sin.
- **Luke 6:36:** Be merciful as God is merciful.

Key Points

1. **Feelings Aren't Facts:**
 - Emotions (fear, shame, anger) can mislead; faith must guide decisions.
 - Filter feelings through God's truth (Proverbs 3:5-6, Psalm 42:11).
 - Resource: 7-day devotional at freedomdl.com/feelings.
2. **Understanding Forgiveness:**
 - **God's Forgiveness:** Complete, free, and brings freedom (Romans 6:20-23, 8:1).
 - **Self-Forgiveness:** Accept God's grace to overcome guilt and condemnation.
 - **Forgiving Others:** Starts with receiving God's forgiveness; don't let feelings block it.
 - **Accountability vs. Condemnation:** Accountability fosters trust and growth; condemnation traps us.

3. **Practical Steps for Forgiveness:**

- Let go of retaliation.
- Avoid revisiting the offense to hurt others.
- Speak with grace or stay silent.
- Pray blessings for those who hurt you.
- Show kindness without expecting reciprocation.
- Set boundaries without bitterness.
- Be open to safe reconciliation.

4. **Walking in Grace:**

- **Receive Grace:** Daily accept God's unearned love (Romans 5:20-21).
- **Extend Grace:** Reflect God's mercy to others (Luke 6:36).
- Grace empowers us to resist sin and grow (Titus 2:11-12).
- Grace frees us from performance-based faith and shame.

Action Steps

1. **Reflect:** Identify where emotions (guilt, bitterness) are driving your decisions.
2. **Repent:** Confess sins and believe in Jesus for forgiveness (Romans 10:9).
3. **Release:** Forgive yourself and others, letting go of resentment.
4. **Restore:** Take accountability for hurts caused; seek reconciliation where safe.
5. **Rely on Grace:** Daily trust God's grace to empower and transform you.
6. **Pray:** Ask God to reset your heart with His truth and grace.

Discussion Questions

1. What emotions are holding you back from bouncing back?
2. How can you practically filter your feelings through God's truth?
3. What does receiving God's forgiveness look like for you?
4. Who do you need to forgive, and what steps can you take?
5. How can you extend grace to others this week?

Prayer

"Lord, help me align my feelings with Your truth, receive Your forgiveness, and extend grace to others. Empower me to bounce back through Your grace. Amen."