



## Free From and Free For

Spend a few minutes in silence gathering yourselves for this time together. Share how you are feeling and where you are in yourselves. (30 minutes)

### Our experience of freedom

The freedom we experience depends very little on things outside of ourselves, like having wealth or friends, or on life going well for us. It depends mostly on the way we see and experience things from inside, on the habits we have formed and on what we expect from life. It is these basic attitudes that free us or bind us. Thus we come to each moment in our day either free or unfree, depending on what we bring to this moment from our store of our past.

To grow towards any real freedom, we need to know where we are not free, and what is causing this bondage.

Jesus says in John 8:32, 'You will know the truth and the truth will set you free', and in verse 36, 'If the Spirit sets you free, you will be free indeed.'

What does it mean for us who call ourselves Christians to be free? Where are we not free?

One aspect of spiritual freedom is that we be **free from**:

- enslavement to any inner agenda
- disordered and controlling attachments
- sinful processes
- misguided generosity
- fears that paralyse, including fear of fear itself
- self-centredness, which is lack of wholesome self-love

Another aspect is that we be **free for**:

- healthy love relationships, both inwardly and outwardly
- service to others
- the ability to make good decisions
- what is conducive to building up the Kingdom
- a life in Jesus
- ordered and healthy attachments
- discovering God's will and integrating it.



Sergio Milandri has a Masters in Personal Formation and has been a relationship mentor in South Africa for over 25 years. He and his wife, Elizabeth, live in Hout Bay, Cape Town, and run the Sans Pareil Retreat Centre from there. **For more material visit [www.relating.com](http://www.relating.com) or email [sergio@relating.com](mailto:sergio@relating.com)**



In the next few sessions, we will be exploring our experience of freedom and some ways of growing in it.

Spend 15 minutes in silence with 1 John 2:15–17.

Where do these words touch something sensitive in you? Reflect especially on the use of the word 'love'.

Journal and share in the group some areas where your lack of freedom is touching you.

End appropriately and appoint a reader.

**During the week,** reflect on Ephesians 1:3–14 and consider what it says about freedom.



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