

**FREEDOM TRAINING** - Listening Guide  
SESSION 1

**Iceberg Drawing**

**ACTIONS** - tip of the iceberg, the obvious parts of us, the things we do that others can see.

- The first impression many of us have is that the Bible is obsessed with our actions.
- If this is what we believe, then we are missing out on the depth of the transformation God's Truth has for us and can bring into our lives.

**EMOTIONS** - at the surface of the water; sometimes observable, sometimes hidden.

- In general, we are capable of being aware of our feelings and even explaining how we feel.

**THOUGHTS** - way down below the surface, difficult for us to be aware of and understand.

- Nearly impossible for us to know what someone else is thinking.
- Our emotions and our actions come from our thoughts.
- Our thoughts are always based off of what is True or what is False.

**John 8:44**

*Satan was a murderer from the beginning. He has always hated the truth, because 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.*

- All false ideas come from the Enemy.

**1 Peter 5:8**

*Stay alert! Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour.*

- It's very easy for us to "slide into" not being alert; not being aware that there is a constant battle going on over what I think about.
- We have to slow down, contemplate and reflect on what is going on in our thoughts.
- Satan has an agenda at the very deepest part of me.

**Eph 6: 11, 16**

*Put on the full armor of God, so that you can take your stand against the devil's schemes...In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one.*

- Flaming arrows are **LIES**.
- Lies are imbedded in just about everything we encounter in our world.

## **FREEDOM TRAINING** - Discussion Questions

### SESSION 1

- 1) Have someone volunteer to explain the iceberg diagram and how it is a metaphor for our lives.
- 2) Is it a new idea to you that God is not primarily concerned with your actions; that it isn't his goal to make you a "good boy" or a "good girl"? Where has this idea come from in your life?
- 3) What holds you back from reflecting on your thoughts?
- 4) Read together the 3 scriptures in the video training (John 8:44, 1 Peter 5:8, Eph 6:11, 16). Based on these passages, why is it important for us to remain alert? Why aren't religious actions alone adequate to keep us alert?
- 5) Lies are everywhere in our world. Based on this statement, what in our world is actively helping you embrace God's truth? What in our world is actually trying to talk you into something that would be false?
- 6) What is one brand new thought/idea you took away from this session? What is the "next best step" you can take this week that can help you in your journey to freedom?