

I REFUSE TO STAY BOUND

Twelve Week Instructor Lesson Plans

A Facilitator Resource for Church and Small Group Study

Bradley Hobbs

Instructor: _____

Group or church: _____

Meeting day: _____ **Meeting time:** _____

Planned session length: 60 to 75 minutes. Leave the clock time blank until the group schedule is confirmed. The sequence below is a flexible framework, not a requirement to rush discussion.

Using This Guide

These lesson plans are designed to accompany the twelve week sequence in the I Refuse to Stay Bound study. Each session includes the assigned reading, Scripture references, objectives, a timed session framework, discussion questions, suggested answer themes, personal application, and a facilitator note. The weekly answer key should remain a separate instructor resource.

Suggested session framework

Segment	Suggested duration	Purpose
Opening and check in	5–10 minutes	Welcome, brief check in, and opening prayer.
Scripture and lesson focus	10–15 minutes	Read the key passages and introduce the week's focus.
Discussion	20–25 minutes	Use the three questions and allow thoughtful responses.
Personal application	10–15 minutes	Give quiet writing time and invite voluntary sharing.
Closing and next step	5–10 minutes	Summarize, pray, and preview the next reading.

Facilitation principles

- Use Scripture and the book's teaching as the foundation, while allowing honest questions and thoughtful differences in application.
- Suggested answers are guideposts, not scripts. Do not grade personal testimony or require a participant to agree with every interpretation.
- Do not pressure participants to disclose trauma, identify people, forgive on a timetable, restore contact, or reconcile with someone who remains unsafe.
- Distinguish forgiveness from trust, reconciliation, accountability, and justice. These concepts are related but are not interchangeable.
- If a participant discloses abuse, threats, or immediate danger, respond calmly and follow applicable safeguarding and reporting procedures. Do not promise absolute confidentiality.
- Keep the discussion centered on personal reflection and choices rather than gossip, public accusations, or diagnosing people who are not present.

Weekly Lesson Plans

Week 1: The Decision to Walk in Freedom

Assigned reading: Introduction and Chapters 1–2

Scripture: Psalm 139:23–24; John 8:31–32

Lesson objective

Establish a safe, Scripture-centered foundation for the study and help participants identify what freedom means in daily life.

Session details

Meeting date: _____ **Clock time:** _____

Total planned duration: 60 to 75 minutes

Preparation before the session

Read Introduction and Chapters 1–2. Review Psalm 139:23–24; John 8:31–32. Read the weekly chapter material and answer key before class. Prepare a brief opening thought, select one Scripture to read aloud, and have student handouts available.

Suggested teaching sequence

Segment	Duration	Facilitator direction
Opening and check in	5–10 minutes	Welcome participants, establish a respectful tone, and open in prayer.
Scripture and focus	10–15 minutes	Read the listed Scriptures. Introduce the central theme: Establish a safe, Scripture-centered foundation for the study and help participants identify what freedom means in daily life.
Discussion	20–25 minutes	Invite responses to the questions below. Use the answer key as a guide, not as a script.
Personal application	10–15 minutes	Allow quiet reflection. Ask participants to identify one practical step they can take this week.
Closing and next step	5–10 minutes	Summarize the lesson, close in prayer, and preview the next week's reading.

Discussion questions and suggested answer themes

Question: What does choosing freedom require from us personally?

Suggested answer direction: Look for an answer grounded in the week's Scripture and chapter. Invite the participant to explain their reasoning and connect it to personal growth.

Question: How can truth begin to expose patterns that keep a person bound?

Suggested answer direction: Encourage a distinction between an understandable feeling and the choices a person makes in response. Avoid shaming participants for struggling.

Question: What is one area where you want God to bring greater honesty and freedom?

Suggested answer direction: Invite a specific, realistic application. The answer should preserve personal responsibility, wisdom, and safety rather than promise instant resolution.

Personal application

Ask participants to complete these prompts privately: What truth stood out to me? What response or belief do I need to examine? What is one safe, practical step I can take before the next session?

Facilitator note

Invite participants to write a private freedom goal. Sharing is voluntary.

Closing prayer focus

Pray for wisdom, humility, courage to live by Scripture, and the grace to take the next faithful step without pressure or condemnation.

Notes for next session

Week 2: Recognizing Offense

Assigned reading: Chapters 3–4

Scripture: Proverbs 18:19; Hebrews 12:14–15

Lesson objective

Help participants recognize offense and distinguish honest hurt from the decision to nurture resentment.

Session details

Meeting date: _____ **Clock time:** _____

Total planned duration: 60 to 75 minutes

Preparation before the session

Read Chapters 3–4. Review Proverbs 18:19; Hebrews 12:14–15. Read the weekly chapter material and answer key before class. Prepare a brief opening thought, select one Scripture to read aloud, and have student handouts available.

Suggested teaching sequence

Segment	Duration	Facilitator direction
Opening and check in	5–10 minutes	Welcome participants, establish a respectful tone, and open in prayer.
Scripture and focus	10–15 minutes	Read the listed Scriptures. Introduce the central theme: Help participants recognize offense and distinguish honest hurt from the decision to nurture resentment.
Discussion	20–25 minutes	Invite responses to the questions below. Use the answer key as a guide, not as a script.
Personal application	10–15 minutes	Allow quiet reflection. Ask participants to identify one practical step they can take this week.
Closing and next step	5–10 minutes	Summarize the lesson, close in prayer, and preview the next week's reading.

Discussion questions and suggested answer themes

Question: Why can offense become difficult to release once it has taken root?

Suggested answer direction: Look for an answer grounded in the week's Scripture and chapter. Invite the participant to explain their reasoning and connect it to personal growth.

Question: What warning does Scripture give about bitterness affecting more than one person?

Suggested answer direction: Encourage a distinction between an understandable feeling and the choices a person makes in response. Avoid shaming participants for struggling.

Question: What healthy step can help you address hurt without feeding resentment?

Suggested answer direction: Invite a specific, realistic application. The answer should preserve personal responsibility, wisdom, and safety rather than promise instant resolution.

Personal application

Ask participants to complete these prompts privately: What truth stood out to me? What response or belief do I need to examine? What is one safe, practical step I can take before the next session?

Facilitator note

Do not pressure anyone to disclose names or details of painful events.

Closing prayer focus

Pray for wisdom, humility, courage to live by Scripture, and the grace to take the next faithful step without pressure or condemnation.

Notes for next session

Week 3: Examining the Heart

Assigned reading: Chapters 5–6

Scripture: Psalm 51:10; James 1:19–20

Lesson objective

Encourage self-examination, humility, and a measured response rather than reacting from pain.

Session details

Meeting date: _____ **Clock time:** _____

Total planned duration: 60 to 75 minutes

Preparation before the session

Read Chapters 5–6. Review Psalm 51:10; James 1:19–20. Read the weekly chapter material and answer key before class. Prepare a brief opening thought, select one Scripture to read aloud, and have student handouts available.

Suggested teaching sequence

Segment	Duration	Facilitator direction
Opening and check in	5–10 minutes	Welcome participants, establish a respectful tone, and open in prayer.
Scripture and focus	10–15 minutes	Read the listed Scriptures. Introduce the central theme: Encourage self-examination, humility, and a measured response rather than reacting from pain.
Discussion	20–25 minutes	Invite responses to the questions below. Use the answer key as a guide, not as a script.
Personal application	10–15 minutes	Allow quiet reflection. Ask participants to identify one practical step they can take this week.
Closing and next step	5–10 minutes	Summarize the lesson, close in prayer, and preview the next week's reading.

Discussion questions and suggested answer themes

Question: Why is honest self-examination necessary for spiritual growth?

Suggested answer direction: Look for an answer grounded in the week's Scripture and chapter. Invite the participant to explain their reasoning and connect it to personal growth.

Question: How can anger distort the way we interpret another person's actions?

Suggested answer direction: Encourage a distinction between an understandable feeling and the choices a person makes in response. Avoid shaming participants for struggling.

Question: What response could help you listen and respond more wisely this week?

Suggested answer direction: Invite a specific, realistic application. The answer should preserve personal responsibility, wisdom, and safety rather than promise instant resolution.

Personal application

Ask participants to complete these prompts privately: What truth stood out to me? What response or belief do I need to examine? What is one safe, practical step I can take before the next session?

Facilitator note

Keep reflection focused on the participant's own choices, not diagnosing others.

Closing prayer focus

Pray for wisdom, humility, courage to live by Scripture, and the grace to take the next faithful step without pressure or condemnation.

Notes for next session

Week 4: The Weight of Bitterness

Assigned reading: Chapters 7–8

Scripture: Ephesians 4:31–32; Hebrews 12:15

Lesson objective

Explore how bitterness can affect relationships and how a wounded person can avoid passing pain forward.

Session details

Meeting date: _____ **Clock time:** _____

Total planned duration: 60 to 75 minutes

Preparation before the session

Read Chapters 7–8. Review Ephesians 4:31–32; Hebrews 12:15. Read the weekly chapter material and answer key before class. Prepare a brief opening thought, select one Scripture to read aloud, and have student handouts available.

Suggested teaching sequence

Segment	Duration	Facilitator direction
Opening and check in	5–10 minutes	Welcome participants, establish a respectful tone, and open in prayer.
Scripture and focus	10–15 minutes	Read the listed Scriptures. Introduce the central theme: Explore how bitterness can affect relationships and how a wounded person can avoid passing pain forward.
Discussion	20–25 minutes	Invite responses to the questions below. Use the answer key as a guide, not as a script.
Personal application	10–15 minutes	Allow quiet reflection. Ask participants to identify one practical step they can take this week.
Closing and next step	5–10 minutes	Summarize the lesson, close in prayer, and preview the next week's reading.

Discussion questions and suggested answer themes

Question: How can bitterness shape a person's words, choices, and relationships?

Suggested answer direction: Look for an answer grounded in the week's Scripture and chapter. Invite the participant to explain their reasoning and connect it to personal growth.

Question: What does it mean to refuse to let pain turn us into people who wound others?

Suggested answer direction: Encourage a distinction between an understandable feeling and the choices a person makes in response. Avoid shaming participants for struggling.

Question: What practical step could interrupt a harmful response pattern?

Suggested answer direction: Invite a specific, realistic application. The answer should preserve personal responsibility, wisdom, and safety rather than promise instant resolution.

Personal application

Ask participants to complete these prompts privately: What truth stood out to me? What response or belief do I need to examine? What is one safe, practical step I can take before the next session?

Facilitator note

Acknowledge that healing can take time and may need support.

Closing prayer focus

Pray for wisdom, humility, courage to live by Scripture, and the grace to take the next faithful step without pressure or condemnation.

Notes for next session

Week 5: Choosing Forgiveness

Assigned reading: Chapters 9–10

Scripture: Matthew 6:14–15; Colossians 3:12–13

Lesson objective

Discuss forgiveness as a deliberate spiritual response without minimizing wrongdoing.

Session details

Meeting date: _____ **Clock time:** _____

Total planned duration: 60 to 75 minutes

Preparation before the session

Read Chapters 9–10. Review Matthew 6:14–15; Colossians 3:12–13. Read the weekly chapter material and answer key before class. Prepare a brief opening thought, select one Scripture to read aloud, and have student handouts available.

Suggested teaching sequence

Segment	Duration	Facilitator direction
Opening and check in	5–10 minutes	Welcome participants, establish a respectful tone, and open in prayer.
Scripture and focus	10–15 minutes	Read the listed Scriptures. Introduce the central theme: Discuss forgiveness as a deliberate spiritual response without minimizing wrongdoing.
Discussion	20–25 minutes	Invite responses to the questions below. Use the answer key as a guide, not as a script.
Personal application	10–15 minutes	Allow quiet reflection. Ask participants to identify one practical step they can take this week.
Closing and next step	5–10 minutes	Summarize the lesson, close in prayer, and preview the next week's reading.

Discussion questions and suggested answer themes

Question: What is the difference between choosing forgiveness and pretending the wound did not happen?

Suggested answer direction: Look for an answer grounded in the week's Scripture and chapter. Invite the participant to explain their reasoning and connect it to personal growth.

Question: Why may forgiveness involve repeated choices rather than one emotional moment?

Suggested answer direction: Encourage a distinction between an understandable feeling and the choices a person makes in response. Avoid shaming participants for struggling.

Question: What could choosing forgiveness look like without abandoning wisdom or boundaries?

Suggested answer direction: Invite a specific, realistic application. The answer should preserve personal responsibility, wisdom, and safety rather than promise instant resolution.

Personal application

Ask participants to complete these prompts privately: What truth stood out to me? What response or belief do I need to examine? What is one safe, practical step I can take before the next session?

Facilitator note

Do not frame forgiveness as requiring immediate trust, access, or reconciliation.

Closing prayer focus

Pray for wisdom, humility, courage to live by Scripture, and the grace to take the next faithful step without pressure or condemnation.

Notes for next session

Week 6: Forgiveness, Repentance, and Accountability

Assigned reading: Chapters 11–12

Scripture: Luke 17:3–4; 2 Corinthians 7:9–11

Lesson objective

Clarify the distinct roles of forgiveness, repentance, accountability, and changed behavior.

Session details

Meeting date: _____ **Clock time:** _____

Total planned duration: 60 to 75 minutes

Preparation before the session

Read Chapters 11–12. Review Luke 17:3–4; 2 Corinthians 7:9–11. Read the weekly chapter material and answer key before class. Prepare a brief opening thought, select one Scripture to read aloud, and have student handouts available.

Suggested teaching sequence

Segment	Duration	Facilitator direction
Opening and check in	5–10 minutes	Welcome participants, establish a respectful tone, and open in prayer.
Scripture and focus	10–15 minutes	Read the listed Scriptures. Introduce the central theme: Clarify the distinct roles of forgiveness, repentance, accountability, and changed behavior.
Discussion	20–25 minutes	Invite responses to the questions below. Use the answer key as a guide, not as a script.
Personal application	10–15 minutes	Allow quiet reflection. Ask participants to identify one practical step they can take this week.
Closing and next step	5–10 minutes	Summarize the lesson, close in prayer, and preview the next week's reading.

Discussion questions and suggested answer themes

Question: Why are an apology and genuine repentance not always the same thing?

Suggested answer direction: Look for an answer grounded in the week's Scripture and chapter. Invite the participant to explain their reasoning and connect it to personal growth.

Question: What signs may demonstrate that a person is taking responsibility?

Suggested answer direction: Encourage a distinction between an understandable feeling and the choices a person makes in response. Avoid shaming participants for struggling.

Question: How can someone extend forgiveness while still requiring accountability?

Suggested answer direction: Invite a specific, realistic application. The answer should preserve personal responsibility, wisdom, and safety rather than promise instant resolution.

Personal application

Ask participants to complete these prompts privately: What truth stood out to me? What response or belief do I need to examine? What is one safe, practical step I can take before the next session?

Facilitator note

Prioritize safety and appropriate reporting when abuse or ongoing harm is disclosed.

Closing prayer focus

Pray for wisdom, humility, courage to live by Scripture, and the grace to take the next faithful step without pressure or condemnation.

Notes for next session

Week 7: Forgiveness and Reconciliation

Assigned reading: Chapters 13–14

Scripture: Romans 12:18; Matthew 5:23–24

Lesson objective

Help participants understand reconciliation as relational work that requires wisdom and cannot be controlled by one person alone.

Session details

Meeting date: _____ **Clock time:** _____

Total planned duration: 60 to 75 minutes

Preparation before the session

Read Chapters 13–14. Review Romans 12:18; Matthew 5:23–24. Read the weekly chapter material and answer key before class. Prepare a brief opening thought, select one Scripture to read aloud, and have student handouts available.

Suggested teaching sequence

Segment	Duration	Facilitator direction
Opening and check in	5–10 minutes	Welcome participants, establish a respectful tone, and open in prayer.
Scripture and focus	10–15 minutes	Read the listed Scriptures. Introduce the central theme: Help participants understand reconciliation as relational work that requires wisdom and cannot be controlled by one person alone.
Discussion	20–25 minutes	Invite responses to the questions below. Use the answer key as a guide, not as a script.
Personal application	10–15 minutes	Allow quiet reflection. Ask participants to identify one practical step they can take this week.
Closing and next step	5–10 minutes	Summarize the lesson, close in prayer, and preview the next week's reading.

Discussion questions and suggested answer themes

Question: How are forgiveness and reconciliation different?

Suggested answer direction: Look for an answer grounded in the week's Scripture and chapter. Invite the participant to explain their reasoning and connect it to personal growth.

Question: What does it mean to pursue peace as far as it depends on you?

Suggested answer direction: Encourage a distinction between an understandable feeling and the choices a person makes in response. Avoid shaming participants for struggling.

Question: What conditions may be necessary before rebuilding a relationship is wise?

Suggested answer direction: Invite a specific, realistic application. The answer should preserve personal responsibility, wisdom, and safety rather than promise instant resolution.

Personal application

Ask participants to complete these prompts privately: What truth stood out to me? What response or belief do I need to examine? What is one safe, practical step I can take before the next session?

Facilitator note

Never promise that every relationship can or should be restored.

Closing prayer focus

Pray for wisdom, humility, courage to live by Scripture, and the grace to take the next faithful step without pressure or condemnation.

Notes for next session

Week 8: Trust, Wisdom, and Boundaries

Assigned reading: Chapters 15–16

Scripture: Proverbs 4:23; Proverbs 22:3

Lesson objective

Present boundaries as a way to practice wisdom, protect wellbeing, and respond to patterns rather than promises alone.

Session details

Meeting date: _____ **Clock time:** _____

Total planned duration: 60 to 75 minutes

Preparation before the session

Read Chapters 15–16. Review Proverbs 4:23; Proverbs 22:3. Read the weekly chapter material and answer key before class. Prepare a brief opening thought, select one Scripture to read aloud, and have student handouts available.

Suggested teaching sequence

Segment	Duration	Facilitator direction
Opening and check in	5–10 minutes	Welcome participants, establish a respectful tone, and open in prayer.
Scripture and focus	10–15 minutes	Read the listed Scriptures. Introduce the central theme: Present boundaries as a way to practice wisdom, protect wellbeing, and respond to patterns rather than promises alone.
Discussion	20–25 minutes	Invite responses to the questions below. Use the answer key as a guide, not as a script.
Personal application	10–15 minutes	Allow quiet reflection. Ask participants to identify one practical step they can take this week.
Closing and next step	5–10 minutes	Summarize the lesson, close in prayer, and preview the next week's reading.

Discussion questions and suggested answer themes

Question: Why is trust rebuilt through consistent actions over time?

Suggested answer direction: Look for an answer grounded in the week's Scripture and chapter. Invite the participant to explain their reasoning and connect it to personal growth.

Question: How can boundaries protect a person's wellbeing without being used for revenge?

Suggested answer direction: Encourage a distinction between an understandable feeling and the choices a person makes in response. Avoid shaming participants for struggling.

Question: What boundary might be appropriate in a situation that remains unhealthy?

Suggested answer direction: Invite a specific, realistic application. The answer should preserve personal responsibility, wisdom, and safety rather than promise instant resolution.

Personal application

Ask participants to complete these prompts privately: What truth stood out to me? What response or belief do I need to examine? What is one safe, practical step I can take before the next session?

Facilitator note

Support participants in seeking trusted pastoral, professional, or safeguarding help when needed.

Closing prayer focus

Pray for wisdom, humility, courage to live by Scripture, and the grace to take the next faithful step without pressure or condemnation.

Notes for next session

Week 9: Responding Without Retaliation

Assigned reading: Chapters 17–18

Scripture: Romans 12:17–21; 1 Peter 3:9

Lesson objective

Practice responses that reject revenge while still allowing truth, justice, and accountability.

Session details

Meeting date: _____ **Clock time:** _____

Total planned duration: 60 to 75 minutes

Preparation before the session

Read Chapters 17–18. Review Romans 12:17–21; 1 Peter 3:9. Read the weekly chapter material and answer key before class. Prepare a brief opening thought, select one Scripture to read aloud, and have student handouts available.

Suggested teaching sequence

Segment	Duration	Facilitator direction
Opening and check in	5–10 minutes	Welcome participants, establish a respectful tone, and open in prayer.
Scripture and focus	10–15 minutes	Read the listed Scriptures. Introduce the central theme: Practice responses that reject revenge while still allowing truth, justice, and accountability.
Discussion	20–25 minutes	Invite responses to the questions below. Use the answer key as a guide, not as a script.
Personal application	10–15 minutes	Allow quiet reflection. Ask participants to identify one practical step they can take this week.
Closing and next step	5–10 minutes	Summarize the lesson, close in prayer, and preview the next week's reading.

Discussion questions and suggested answer themes

Question: What is the difference between seeking justice and seeking revenge?

Suggested answer direction: Look for an answer grounded in the week's Scripture and chapter. Invite the participant to explain their reasoning and connect it to personal growth.

Question: How can a person respond firmly without returning harm for harm?

Suggested answer direction: Encourage a distinction between an understandable feeling and the choices a person makes in response. Avoid shaming participants for struggling.

Question: What can help you pause before reacting when you feel provoked?

Suggested answer direction: Invite a specific, realistic application. The answer should preserve personal responsibility, wisdom, and safety rather than promise instant resolution.

Personal application

Ask participants to complete these prompts privately: What truth stood out to me? What response or belief do I need to examine? What is one safe, practical step I can take before the next session?

Facilitator note

Make clear that nonretaliation does not mean remaining in danger or concealing wrongdoing.

Closing prayer focus

Pray for wisdom, humility, courage to live by Scripture, and the grace to take the next faithful step without pressure or condemnation.

Notes for next session

Week 10: Walking in Truth and Spiritual Freedom

Assigned reading: Chapters 19–21

Scripture: John 8:31–36; Galatians 5:1

Lesson objective

Connect spiritual freedom with truth, responsible choices, and ongoing renewal.

Session details

Meeting date: _____ **Clock time:** _____

Total planned duration: 60 to 75 minutes

Preparation before the session

Read Chapters 19–21. Review John 8:31–36; Galatians 5:1. Read the weekly chapter material and answer key before class. Prepare a brief opening thought, select one Scripture to read aloud, and have student handouts available.

Suggested teaching sequence

Segment	Duration	Facilitator direction
Opening and check in	5–10 minutes	Welcome participants, establish a respectful tone, and open in prayer.
Scripture and focus	10–15 minutes	Read the listed Scriptures. Introduce the central theme: Connect spiritual freedom with truth, responsible choices, and ongoing renewal.
Discussion	20–25 minutes	Invite responses to the questions below. Use the answer key as a guide, not as a script.
Personal application	10–15 minutes	Allow quiet reflection. Ask participants to identify one practical step they can take this week.
Closing and next step	5–10 minutes	Summarize the lesson, close in prayer, and preview the next week's reading.

Discussion questions and suggested answer themes

Question: How can truth challenge beliefs formed during betrayal or rejection?

Suggested answer direction: Look for an answer grounded in the week's Scripture and chapter. Invite the participant to explain their reasoning and connect it to personal growth.

Question: What practices help a person remain grounded when old feelings return?

Suggested answer direction: Encourage a distinction between an understandable feeling and the choices a person makes in response. Avoid shaming participants for struggling.

Question: What truth from Scripture do you want to remember in a difficult moment?

Suggested answer direction: Invite a specific, realistic application. The answer should preserve personal responsibility, wisdom, and safety rather than promise instant resolution.

Personal application

Ask participants to complete these prompts privately: What truth stood out to me? What response or belief do I need to examine? What is one safe, practical step I can take before the next session?

Facilitator note

Avoid implying that ongoing distress is proof of weak faith.

Closing prayer focus

Pray for wisdom, humility, courage to live by Scripture, and the grace to take the next faithful step without pressure or condemnation.

Notes for next session

Week 11: Living Out What You Have Learned

Assigned reading: Chapters 22–24

Scripture: Ephesians 4:15; James 1:22–25

Lesson objective

Move from understanding to practice in communication, shame, and responding to misunderstanding.

Session details

Meeting date: _____ **Clock time:** _____

Total planned duration: 60 to 75 minutes

Preparation before the session

Read Chapters 22–24. Review Ephesians 4:15; James 1:22–25. Read the weekly chapter material and answer key before class. Prepare a brief opening thought, select one Scripture to read aloud, and have student handouts available.

Suggested teaching sequence

Segment	Duration	Facilitator direction
Opening and check in	5–10 minutes	Welcome participants, establish a respectful tone, and open in prayer.
Scripture and focus	10–15 minutes	Read the listed Scriptures. Introduce the central theme: Move from understanding to practice in communication, shame, and responding to misunderstanding.
Discussion	20–25 minutes	Invite responses to the questions below. Use the answer key as a guide, not as a script.
Personal application	10–15 minutes	Allow quiet reflection. Ask participants to identify one practical step they can take this week.
Closing and next step	5–10 minutes	Summarize the lesson, close in prayer, and preview the next week's reading.

Discussion questions and suggested answer themes

Question: Why must spiritual growth move beyond hearing into practice?

Suggested answer direction: Look for an answer grounded in the week's Scripture and chapter. Invite the participant to explain their reasoning and connect it to personal growth.

Question: How can truth be spoken with both courage and love?

Suggested answer direction: Encourage a distinction between an understandable feeling and the choices a person makes in response. Avoid shaming participants for struggling.

Question: What will you do when others misunderstand the changes you are making?

Suggested answer direction: Invite a specific, realistic application. The answer should preserve personal responsibility, wisdom, and safety rather than promise instant resolution.

Personal application

Ask participants to complete these prompts privately: What truth stood out to me? What response or belief do I need to examine? What is one safe, practical step I can take before the next session?

Facilitator note

Invite realistic, specific next steps rather than dramatic promises.

Closing prayer focus

Pray for wisdom, humility, courage to live by Scripture, and the grace to take the next faithful step without pressure or condemnation.

Notes for next session

Week 12: Continuing in Freedom

Assigned reading: Chapters 25–27

Scripture: Philippians 3:13–14; 2 Corinthians 3:17

Lesson objective

Review the journey and create a sustainable plan for continued spiritual growth and support.

Session details

Meeting date: _____ **Clock time:** _____

Total planned duration: 60 to 75 minutes

Preparation before the session

Read Chapters 25–27. Review Philippians 3:13–14; 2 Corinthians 3:17. Read the weekly chapter material and answer key before class. Prepare a brief opening thought, select one Scripture to read aloud, and have student handouts available.

Suggested teaching sequence

Segment	Duration	Facilitator direction
Opening and check in	5–10 minutes	Welcome participants, establish a respectful tone, and open in prayer.
Scripture and focus	10–15 minutes	Read the listed Scriptures. Introduce the central theme: Review the journey and create a sustainable plan for continued spiritual growth and support.
Discussion	20–25 minutes	Invite responses to the questions below. Use the answer key as a guide, not as a script.
Personal application	10–15 minutes	Allow quiet reflection. Ask participants to identify one practical step they can take this week.
Closing and next step	5–10 minutes	Summarize the lesson, close in prayer, and preview the next week's reading.

Discussion questions and suggested answer themes

Question: What has changed in your understanding of forgiveness and freedom?

Suggested answer direction: Look for an answer grounded in the week's Scripture and chapter. Invite the participant to explain their reasoning and connect it to personal growth.

Question: What practices or support will help you continue moving forward?

Suggested answer direction: Encourage a distinction between an understandable feeling and the choices a person makes in response. Avoid shaming participants for struggling.

Question: How can your testimony encourage others while respecting privacy and boundaries?

Suggested answer direction: Invite a specific, realistic application. The answer should preserve personal responsibility, wisdom, and safety rather than promise instant resolution.

Personal application

Ask participants to complete these prompts privately: What truth stood out to me? What response or belief do I need to examine? What is one safe, practical step I can take before the next session?

Facilitator note

Close with voluntary reflection, prayer, and a plan for ongoing support.

Closing prayer focus

Pray for wisdom, humility, courage to live by Scripture, and the grace to take the next faithful step without pressure or condemnation.

Notes for next session

Week 12 Completion and Follow Through

Use the final session to help participants name what they have learned and identify sustainable next steps. Avoid treating completion as proof that every wound has healed or every relationship has been resolved.

Completion prompts

- What understanding of forgiveness, accountability, trust, and boundaries has become clearer?
- Which spiritual practices will help me continue walking in truth?
- Who can provide wise, safe support when I need encouragement or accountability?
- What warning signs tell me that I need to pause, seek counsel, or strengthen a boundary?
- How can I share my testimony without exposing another person's private information?

Instructor follow up checklist

- Invite voluntary feedback about the course materials and pacing.
- Offer appropriate next steps for continued study or pastoral support.
- Keep student reflections private and handle records responsibly.
- Review whether any safety concerns require action under applicable policies.
- Thank participants for their effort and close with prayer.