

COMPANION STUDY MATERIALS

I Refuse to Stay Bound

Student Handouts and Personal Study Worksheets

A 12 Week Church and Small Group Study

By Bradley Hobbs

Purpose

Use these worksheets to follow the weekly study, record Scripture observations, participate in discussion, and identify practical steps for your own walk with Jesus Christ.

These handouts accompany the book and the twelve week curriculum on the official study website. They do not replace the book's chapter teaching, personal application, prayers, or affirmations.

How to Use This Packet

Bring your Bible, the book, and this packet to each session. Read the assigned chapters beforehand when possible. Use the questions to examine your own responses and choices, not to diagnose or accuse another person. You may keep any personal reflection private.

A note about safety and personal sharing

Sharing painful experiences is always voluntary. Forgiveness does not require denying harm, restoring trust immediately, reconciling in every circumstance, or remaining in an unsafe situation. Seek appropriate pastoral, professional, or legal support when a situation calls for it.

My Study Information

Name: _____

Group or church: _____

Study start date: _____ Study end date: _____

My intention for this study

What would I like to understand more clearly or practice more faithfully during these twelve weeks?

Weekly Progress Tracker

Week	Theme	Complete
1	The Decision to Walk in Freedom	■
2	Recognizing Offense	■
3	Examining the Heart	■
4	The Weight of Bitterness	■
5	Choosing Forgiveness	■
6	Forgiveness, Repentance, and Accountability	■
7	Forgiveness and Reconciliation	■
8	Trust, Wisdom, and Boundaries	■
9	Responding Without Retaliation	■
10	Walking in Truth and Spiritual Freedom	■
11	Living Out What You Have Learned	■
12	Continuing in Freedom	■

The Decision to Walk in Freedom

Assigned reading: Introduction and Chapters 1–2

Chapter themes: The Decision to Walk in Freedom; When the Wound Comes from the House of God; Betrayed by Those You Trusted

SESSION FOCUS

Begin with willingness, humility, and an honest examination of the heart.

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

Read each passage in context. Note what it teaches about God, the heart, responsibility, forgiveness, or spiritual freedom.

Scripture observations

What stands out to me? What do I learn from the passage? What should I be careful not to assume?

Personal reflection and group discussion

1. What does walking in spiritual freedom mean to you?

2. How can you acknowledge that harm occurred while still inviting God to shape your response?

3. What is one area where you want truth to guide your next step?

My personal application for this week

Write one private, practical step you can take this week to seek truth and spiritual freedom.

Prayer or next step

What do I want to bring to Jesus in prayer, and what is one wise step I can take?

Notes

Recognizing Offense

Assigned reading: Chapters 3–4

Chapter themes: The Silence That Protects the Wrong Things; The Poison of Bitterness

SESSION FOCUS

Notice how hurt and offense can influence thoughts, words, decisions, and relationships.

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

Read each passage in context. Note what it teaches about God, the heart, responsibility, forgiveness, or spiritual freedom.

Scripture observations

What stands out to me? What do I learn from the passage? What should I be careful not to assume?

Personal reflection and group discussion

1. What is the difference between wise confidentiality and silence that protects wrongdoing?

2. How can resentment affect a person's choices over time?

3. What response can help you address hurt without allowing it to govern your life?

My personal application for this week

Notice one response pattern in yourself this week. Record what happened, how you responded, and what a wiser response could look like.

Prayer or next step

What do I want to bring to Jesus in prayer, and what is one wise step I can take?

Notes

Examining the Heart

Assigned reading: Chapters 5–6

Chapter themes: When Forgiveness Feels Impossible; The Trap of Playing God

SESSION FOCUS

Invite correction and distinguish self examination from condemnation.

Scripture references: Psalm 51:10; James 1:19–20

Read each passage in context. Note what it teaches about God, the heart, responsibility, forgiveness, or spiritual freedom.

Scripture observations

What stands out to me? What do I learn from the passage? What should I be careful not to assume?

Personal reflection and group discussion

1. Why can forgiveness feel difficult even when someone sincerely wants to obey God?

2. How is releasing personal vengeance different from saying that wrongdoing does not matter?

3. What attitude or response might you need to bring honestly before Jesus?

My personal application for this week

Write a prayer asking for help with one specific response or attitude. Keep this reflection private if you prefer.

Prayer or next step

What do I want to bring to Jesus in prayer, and what is one wise step I can take?

Notes

Remember: you may participate without disclosing private or painful details. Your worksheet belongs to you.

The Weight of Bitterness

Assigned reading: Chapters 7–8

Chapter themes: The Church Must Repent Before It Can Heal; When the Wounded Become the Wounders

SESSION FOCUS

Consider how resentment can take root and how people can choose not to repeat harmful patterns.

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

Read each passage in context. Note what it teaches about God, the heart, responsibility, forgiveness, or spiritual freedom.

Scripture observations

What stands out to me? What do I learn from the passage? What should I be careful not to assume?

Personal reflection and group discussion

1. What does meaningful repentance look like beyond words?

2. How can someone take responsibility for their own conduct without accepting blame for another person's wrongdoing?

3. What can help interrupt a harmful pattern before it is passed to someone else?

My personal application for this week

Identify one pattern you want to stop repeating and one positive action you can practice instead.

Prayer or next step

What do I want to bring to Jesus in prayer, and what is one wise step I can take?

Notes

Choosing Forgiveness

Assigned reading: Chapters 9–10

Chapter themes: The Difference Between Forgiveness and Reconciliation; The Freedom of Setting Boundaries Without Guilt

SESSION FOCUS

Study forgiveness as a deliberate response to Jesus, not denial of wrongdoing.

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

Read each passage in context. Note what it teaches about God, the heart, responsibility, forgiveness, or spiritual freedom.

Scripture observations

What stands out to me? What do I learn from the passage? What should I be careful not to assume?

Personal reflection and group discussion

1. How would you explain the difference between forgiveness and reconciliation?

2. Why might a boundary be necessary even when a person is pursuing forgiveness?

3. What is one next step you can take without pretending trust has already been restored?

My personal application for this week

Write a personal prayer about the next honest step toward forgiveness, wisdom, and peace.

Prayer or next step

What do I want to bring to Jesus in prayer, and what is one wise step I can take?

Notes

Forgiveness, Repentance, and Accountability

Assigned reading: Chapters 11–12

Chapter themes: When Apologies Are Not Enough; The Danger of Spiritual Manipulation

SESSION FOCUS

Explore the relationship between mercy, changed conduct, responsibility, and truth.

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

Read each passage in context. Note what it teaches about God, the heart, responsibility, forgiveness, or spiritual freedom.

Scripture observations

What stands out to me? What do I learn from the passage? What should I be careful not to assume?

Personal reflection and group discussion

1. What can make an apology credible over time?

2. How can spiritual language be misused to control people or avoid accountability?

3. Where might you need to take responsibility for your own actions?

My personal application for this week

List two observable signs of changed conduct that can help rebuild trust responsibly.

Prayer or next step

What do I want to bring to Jesus in prayer, and what is one wise step I can take?

Notes

Remember: you may participate without disclosing private or painful details. Your worksheet belongs to you.

Forgiveness and Reconciliation

Assigned reading: Chapters 13–14

Chapter themes: Healing When the Church Has Become the Wound; The Courage to Trust Again

SESSION FOCUS

Recognize that forgiveness and reconciliation are related but not identical.

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

Read each passage in context. Note what it teaches about God, the heart, responsibility, forgiveness, or spiritual freedom.

Scripture observations

What stands out to me? What do I learn from the passage? What should I be careful not to assume?

Personal reflection and group discussion

1. Why does reconciliation require participation from more than one person?

2. What can help trust grow through consistent character and wise discernment?

3. Which part of a difficult relationship is within your responsibility, and which part is not yours to control?

My personal application for this week

Write down one realistic step within your control and one outcome you must leave outside your control.

Prayer or next step

What do I want to bring to Jesus in prayer, and what is one wise step I can take?

Notes

Trust, Wisdom, and Boundaries

Assigned reading: Chapters 15–16

Chapter themes: When God Restores What Betrayal Tried to Destroy; The Prison of Remembering

SESSION FOCUS

Consider how forgiveness can coexist with discernment, safety, and appropriate boundaries.

Scripture references: Proverbs 4:23; Proverbs 22:3

Read each passage in context. Note what it teaches about God, the heart, responsibility, forgiveness, or spiritual freedom.

Scripture observations

What stands out to me? What do I learn from the passage? What should I be careful not to assume?

Personal reflection and group discussion

1. What is the difference between a wise boundary and an attempt to punish someone?

2. How can painful memories be acknowledged without allowing them to define every present decision?

3. What support or boundary could help protect your peace and well being?

My personal application for this week

Write one boundary, support step, or healthy routine you may want to establish.

Prayer or next step

What do I want to bring to Jesus in prayer, and what is one wise step I can take?

Notes

Responding Without Retaliation

Assigned reading: Chapters 17–18

Chapter themes: The Freedom of Letting Go of What You Cannot Change; The Lies We Believe After Betrayal

SESSION FOCUS

Resist revenge and allow Scripture to guide a faithful response to conflict.

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

Read each passage in context. Note what it teaches about God, the heart, responsibility, forgiveness, or spiritual freedom.

Scripture observations

What stands out to me? What do I learn from the passage? What should I be careful not to assume?

Personal reflection and group discussion

1. What is within your control when another person refuses to change?

2. What painful conclusions can betrayal cause people to believe about themselves?

3. How can you respond firmly and truthfully without seeking revenge?

My personal application for this week

Plan a calm, truthful, and responsible response to one challenge. Consider whether you need support before acting.

Prayer or next step

What do I want to bring to Jesus in prayer, and what is one wise step I can take?

Notes

Remember: you may participate without disclosing private or painful details. Your worksheet belongs to you.

Walking in Truth and Spiritual Freedom

Assigned reading: Chapters 19–21

Chapter themes: When Forgiveness Meets Justice; The Weight of Unforgiveness in Relationships; The Battle Between the Wound and the Word

SESSION FOCUS

Connect freedom in Jesus Christ with continued obedience to His Word.

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

Read each passage in context. Note what it teaches about God, the heart, responsibility, forgiveness, or spiritual freedom.

Scripture observations

What stands out to me? What do I learn from the passage? What should I be careful not to assume?

Personal reflection and group discussion

1. How can forgiveness and justice work alongside one another?

2. How might unresolved hurt influence communication and relationships?

3. Which truth from Scripture can guide your response when emotions become strong?

My personal application for this week

Choose one Scripture reference from this session and write how you intend to put its principle into practice.

Prayer or next step

What do I want to bring to Jesus in prayer, and what is one wise step I can take?

Notes

Living Out What You Have Learned

Assigned reading: Chapters 22–24

Chapter themes: Breaking the Chains of Shame; The Courage to Speak When Silence Is No Longer Faithfulness; When People Misunderstand Your Healing

SESSION FOCUS

Apply the study to daily choices, communication, relationships, and spiritual maturity.

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

Read each passage in context. Note what it teaches about God, the heart, responsibility, forgiveness, or spiritual freedom.

Scripture observations

What stands out to me? What do I learn from the passage? What should I be careful not to assume?

Personal reflection and group discussion

1. How can you distinguish conviction that leads to growth from shame that attacks your worth?

2. When might speaking truth be necessary, and how can it be done responsibly?

3. How can you continue healing when others do not understand your choices?

My personal application for this week

Identify one truth you need to speak, one action you need to take, or one expectation you need to release.

Prayer or next step

What do I want to bring to Jesus in prayer, and what is one wise step I can take?

Notes

Continuing in Freedom

Assigned reading: Chapters 25–27

Chapter themes: Rebuilding Your Life After the Battle; The Testimony That Survives the Fire; The Church Must Become a Place of Healing

SESSION FOCUS

Review the course and prepare for continued personal application.

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

Read each passage in context. Note what it teaches about God, the heart, responsibility, forgiveness, or spiritual freedom.

Scripture observations

What stands out to me? What do I learn from the passage? What should I be careful not to assume?

Personal reflection and group discussion

1. What truth has challenged or encouraged you most during the study?

2. What have you learned about forgiveness, responsibility, boundaries, and spiritual freedom?

3. What practices will help you continue growing after the group ends?

My personal application for this week

Create a simple plan for prayer, Scripture reading, trusted accountability, and continued growth.

Prayer or next step

What do I want to bring to Jesus in prayer, and what is one wise step I can take?

Notes

My Continuing Freedom Plan

Use this page at the end of the study to identify practices that can support continued growth. Keep the plan realistic and revisit it as needed.

A Scripture I want to keep studying

A response or habit I want to keep practicing

A boundary or support step that would be wise for me

People or resources I can turn to for appropriate support

My next step over the next seven days

Closing reflection

What does it mean for me to continue walking in truth, forgiveness, accountability, and the freedom of Jesus Christ?

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