

I REFUSE TO STAY BOUND

Student Syllabus

A Twelve Week Christian Study on Forgiveness, Betrayal, Accountability, and Spiritual Freedom

Bradley Hobbs

Meeting day: _____

Meeting time: _____

Location or online meeting details: _____

Instructor: _____

The study is designed for a consistent weekly session. The meeting date and clock time may be completed by the local church or group facilitator.

Course Overview

I Refuse to Stay Bound is a Scripture-centered study for people who want to examine the effects of betrayal, offense, bitterness, shame, and relational wounds while pursuing spiritual maturity and freedom. Participants will be encouraged to apply biblical truth honestly, take responsibility for their own responses, and pursue forgiveness with wisdom.

Course goals

- Recognize how offense, bitterness, shame, and betrayal can influence thoughts and relationships.
- Study biblical teaching about forgiveness, repentance, accountability, reconciliation, justice, and boundaries.
- Practice self-examination and personal application without taking responsibility for another person's choices.
- Develop healthy, Scripture-informed responses that reject retaliation while respecting safety and accountability.
- Create a practical plan for continuing spiritual growth after the twelve week study.

How to Prepare

Read the assigned chapters before each session when possible. Read the listed Scriptures, bring this packet, and be ready to reflect on the discussion questions. The purpose is not to produce identical answers, but to engage Scripture thoughtfully and consider how the teaching applies to your own life.

Participation and Group Care

Respect each person's dignity and privacy. Share only what you feel safe sharing. Listen without interrupting, shaming, diagnosing, or pressuring another person to disclose painful experiences. Group confidentiality should be honored, while recognizing that facilitators may need to act when there is a safety concern or a legal reporting obligation.

Important distinction

Forgiveness does not mean excusing wrongdoing, pretending harm did not happen, automatically restoring trust, removing boundaries, or remaining in an unsafe situation. Reconciliation requires more than one person's willingness and may not be possible or wise in every circumstance. Participants are encouraged to seek appropriate pastoral, professional, or safeguarding support when needed.

Course Expectations

Area	Expectation
Preparation	Read the weekly chapters and Scriptures as consistently as possible.
Participation	Contribute respectfully. Listening and written reflection are also valid forms of participation.
Application	Complete the personal application section and identify a realistic next step.
Respect	Protect privacy and avoid using group discussion to attack, expose, or pressure others.
Completion	Complete the final reflection and continuing freedom plan in Week 12.

Twelve Week Course Schedule

Use this schedule to track your progress. Complete the meeting date and clock time locally if your group wishes to record them. The study's weekly sequence and overall session length remain consistent.

Week	Theme and Assigned Reading	Scripture	Date
1	The Decision to Walk in Freedom Introduction and Chapters 1–2	Psalms 139:23–24; John 8:31–32	_____
2	Recognizing Offense Chapters 3–4	Proverbs 18:19; Hebrews 12:14–15	_____
3	Examining the Heart Chapters 5–6	Psalms 51:10; James 1:19–20	_____
4	The Weight of Bitterness Chapters 7–8	Ephesians 4:31–32; Hebrews 12:15	_____
5	Choosing Forgiveness Chapters 9–10	Matthew 6:14–15; Colossians 3:12–13	_____
6	Forgiveness, Repentance, and Accountability Chapters 11–12	Luke 17:3–4; 2 Corinthians 7:9–11	_____
7	Forgiveness and Reconciliation Chapters 13–14	Romans 12:18; Matthew 5:23–24	_____
8	Trust, Wisdom, and Boundaries Chapters 15–16	Proverbs 4:23; Proverbs 22:3	_____
9	Responding Without Retaliation Chapters 17–18	Romans 12:17–21; 1 Peter 3:9	_____
10	Walking in Truth and Spiritual Freedom Chapters 19–21	John 8:31–36; Galatians 5:1	_____
11	Living Out What You Have Learned Chapters 22–24	Ephesians 4:15; James 1:22–25	_____
12	Continuing in Freedom Chapters 25–27	Philippians 3:13–14; 2 Corinthians 3:17	_____

Suggested session length: 60 to 75 minutes each week. The exact meeting time is intentionally left blank for the group to complete.

My commitment to this study

One thing I hope to understand or practice during this study:

At the end of Week 12, I want to be able to say:
