Dis	cussion Title: Break Free	Category: Lifestyle	
	 Opening: Pick six people to participate in a short ad-lib skit. Pick one reliable p coordinator and brief him/her on what you are doing. Make paper h following words: I'm incompetenttreat me with contempt (give this one to t I'm funnylaugh at everything I say I'm populartry to be my friend I'm smartagree with me I'm stupidput me down I'm nobodyignore me Do not let the people see what their own headband say. Have the comparison of the provide set of	eadbands with the	Pick 6 individuals to share. 5 minutes total.
	group in a five-minute skit which they will plan a party for the Bible s leader should be sure that each member is involved and that the res skit treat them according to what their headbands say. Stop the skit after five minutes.	study. The discussion	
Les	son:		
Q.	 Ask those in the skit how they felt during the discussion? Labeled, confined, confused, trapped 		Pick 1-2 individuals to answer each question (Q).
Q.	Labeled, confined, confused, trapped Have you ever been "labeled"? What is it like? Was it easy to break	r fraa2	Keep track of time during the discussion. Keep the
ų.	 We all get labeled occasionally and put in a pigeonhole by of we get ourselves into a trap. We get trapped and we can't get 	thers, but sometimes	discussion focused and on point. Avoid going off on a tangent topic.
	There are a number of traps that people get caught in:		Additional notes:
1)	Habit traps		
Q.	'hat are some?		
	 Smoking, swearing, overeating, drugs, alcohol, etc. 		
2)	Character traps		
Q.	What are some?		
	• Selfishness, pride, insensitivity, etc.		
3)	Sin traps		
Q.	What are some?		
	• Fits of rage, pornography, immorality, etc.		
Q.	How do most people handle these traps?		
	 Ignore them, deny them, mask them 		
	 Move from one trap to another – drugs, alcohol, sex, relation 	nships	
	Professional help (therapist) or self-help, self-improvement		
	 Distraction – shopping, eating, vacation, new things 		Additional notes:
	Blame shifting, bitterness, anger, frustration, rage		Additional notes:
	Depression, despair, suicide		
	On your own, the prospects of breaking free are hopeless. On your	own, mankind does	
	not have the answers to free us from our traps. I have great news! (God does have the	

	answers. God is in the husiness of change	т <u> </u>
	answers. God is in the business of change.	
	Let's look at a guy who had some real problems	
	Mark 5:1-20 (Legion) Recap	
	What kind of problem did Legion have?	
Q.	 No friends, violent, angry, weird, social misfit, rude, unfriendly, self-centered, self- 	
	destructive, lonely, out of control	
	It's easy to look down on Legion with all his problems, but people today aren't much	
	different. Maybe some of you can relate to Legion: lonely, self-centered, rude, self-	
	destructive, weird, social outcast, etc.	
Q.	Did Jesus do the right thing in healing Legion? Of course!	
Q.	Why? He needed healing. He needed to be set free.	
Q.	wiry: The freeded freading. The freeded to be set free.	
ς.	Do we need healing? Of course!	
Q.		
-	Why does God want us to break free?	
Q.	 He knows what makes us happy. 	
	What changed Legion?	
Q.	 An encounter with Jesus (not self-help book) 	
	Do you see any evidence of change?	
Q.	 Sitting there in his right mind! (v15) 	
	Was logion excited about being set free? How do you know?	
Q.	 Was legion excited about being set free? How do you know? This point out the difference between religion and relationship. 	
	• This point out the unreferice between religion and relationship.	
	He didn't have to, but he wanted to go with Jesus.	
	He didn't have to, but he went to ten cities and told the good news!	
	Are you religious, or do you have a relationship with Jesus?	
Q.	 Do you grudgingly spend time with Jesus, or do you beg to be with Him? 	
	 Do you give the minimum possible, or do you give freely of your time. 	
	There is good news! Jesus can change you. You can break free.	
	The basis is not religion, but a relationship with Jesus Christ.	