

***The Freedom Challenge***  
**Pastor Stovall Weems**  
**January 17, 2010**  
**Message Text: Is 58:6-9**

**I. Launch Questions**

1. What does it feel like to be in bondage to something in your life?
2. What is the connection between fasting and *freedom*?

**II. Questions for Discussion**

Believers and nonbelievers alike can struggle under heavy burdens (guilt, worry, addiction, shame, etc.). God calls us to a season of fasting in order to do something specific in our lives. According to the message text for today, God says that fasting can specifically address this concept of bondage in three distinct ways. Fasting will:

1. *Loose the bonds.* What does verse 6 say that fasting will do to our bonds? What happens when we allow temporary bonds to become “sealed” in our lives? *How* does fasting help to loosen those bonds so that we can walk away in freedom?
2. *Undo the burden.* Look at verse 6 again. What happens when our bond becomes a burden? How can a “heavy” burden affect your ability to *walk* with God? Have you ever labored under a heavy burden? How did you feel?
3. *Break the Yolk.* At what point does a burden become a yolk? How can a lifelong yoke become something you don’t even realize you’re carrying? How does it impact your behavior? Your choices? Your *relationships*? What is the connection between our flesh and the yokes we carry? How does fasting break that connection? altered by your anxiety? What impact did this have on you mentally, emotionally, and spiritually?

**II. Personal Application**

Consider your own life story and your walk with God. Identify where in your life that you are operating under each (or any) of these below:

- *Bonds* – Where have you developed inappropriate bonds or connections to the world?
- *Burdens* – Where have you allowed a bond to become a burden you’d like to be free of?
- *Yokes* – Where have you been struggling under a yoke of sin or disobedience for so long that it has control of your life?

**III. Questions for Further Study**

Consider this season of prayer and fasting. If you have not already made a commitment to this powerful exchange with the Holy Spirit, prayerfully accept the Freedom Challenge.

**I commit to being free from \_\_\_\_\_ this year.**

- I. Participate in this season of prayer and fasting.  
(Awakening)
- II. Establish a daily time of personal devotion with God.  
(This consists of prayer and Bible reading).
- III. Join a small group this semester.