

Table of Contents

Lessons

1. Believing God for a New Beginning
2. The Right to be Free: Laying a Foundation for Freedom
3. Steppingstone to Freedom: The Principle of Truthfulness
4. Overcoming Communication Barriers: Learning to Trust & Share Feelings
5. Separating Blame from Guilt in Conflict
6. How Unforgiveness Erodes Life
7. Managing Anger by Speaking Truthfully
8. Set Free-Principles of Deliverance
9. Overcoming Negativity with Truth
10. Discovering Your True Significance
11. Healing of Emotions
12. Engrafting the Word of God: The Power to Become

Outlines - Lessons 1-12

Scriptures for Engrafting - Lessons 1-12

Exhibits/Handouts

- Lesson #3 Checklist for Truthfulness
- Lesson #4 Relationship Assessment
- Lesson #5 Exercise to Separate Blame from Guilt
Keys to Resolving Conflicts
- Lesson #6 Checklist of Symptoms of Unforgiveness
Tree of Bitterness
Initiating Forgiveness Exercise
- Lesson #8 How Forgiving Are You Survey
Tree of Righteousness
- Lesson #10 Assessment of Self Worth
- Lesson #11 Awareness of Feelings Assessment
- Lesson #12 10 Side Effects of Engrafting God's Word
Investigating Meaning of Passages

Articles

1. Keys to Spiritual Authority
2. The Liberating Power of Confession (for Lesson 5)
3. Destructive Power of Evil Speaking

Teacher Aids

- Invitation to Free at Last Class
- Certificate of Completion
- Evaluation

