



That Young & Free Life

February 15th, 2025

Key Idea

Redemption is not just forgiveness—it is God interrupting the cycles that shaped us and restoring us to a new identity, a new family, and a new way of living.

You are not ultimately defined by your family of origin, your past, or your failures.
You are defined by God's redemptive story.

LEAN IN - Connecting Life to the Message

- When you hear the word “redeemed,” what comes to mind? A transaction? A second chance? Something spiritual but distant?
- In what ways do you see your family of origin shaping how you handle conflict, intimacy, trust, or identity?
- Do you tend to believe you are mostly “self-made,” or do you recognize inherited patterns in your life? Explain.

LOOK UP – Scripture Engagement

Main Passage- Genesis 3-4. Divide the passage up and read it aloud.

OBSERVE: What does the text say?

- What changes do you notice in relationships after Genesis 3?
- What language does God use in Exodus 6 to describe redemption?
- In 1 Corinthians 6, what reasons does Paul give for honoring God with our bodies?

INTERPRET: What does the passage mean?

- What do these passages reveal about God's character?
- What do they reveal about humanity's condition?
- How does the Bible describe the effects of sin—not just individually, but generationally?
- What does it mean that we were “bought with a price”?

APPLY - What's my response?

- Where do you see inherited relational patterns (healthy or unhealthy) showing up in your life today?
- In what areas do you feel “free” on the outside but recognize internal bondage on the inside?
- How might your relationships change if you truly believed: *“I am not my own; I belong to God”*?
- Have you allowed God's redemptive story to redefine you, or are you still primarily living from your old story?
- What is one specific cycle, pattern, or script that you sense God may be inviting you to surrender?

PRAY

Invite others into these prayers together (large group or groups of 2–3).

- Pray and name any generational patterns or inherited wounds that may still be shaping you.
- Pray for courage to receive a new identity—not defined by past failure or family dysfunction.
- Pray for healing in areas of relational brokenness or sexual confusion

Practice

- **Name the Pattern** – This week, identify one relational pattern you've inherited. Write it down. **Ask:** Where did this begin? How has it shaped me?
- **Receive the New Story** – Each day, declare: “I am redeemed. I belong to God.” Let that identity confront old narratives.
- **Redeem Desire** – In moments of temptation, loneliness, or insecurity, pause and ask:
- Am I acting from my old story or my redeemed identity?
- **Start the Conversation** – If appropriate, initiate a healthy conversation with a trusted friend, spouse, or mentor about patterns you want to break.