

set me free

Nine sessions on freedom through the cross



**Secondary
School**



Lunchtime Group Resource

set me
free

Nine sessions on freedom through the cross



The Crusader Union is a Bible-based, interdenominational Christian youth organisation, whose vision is to proclaim the Gospel of Jesus Christ to students in the Independent Schools of Australia, to nurture Christians and to encourage church membership.

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Published July 2009

WELCOME

This resource has been specifically written with school groups in mind but can be adapted depending on your needs. It is based on the group running for approximately 30 minutes each meeting.

WHAT'S INSIDE?

- 9 sets of leader's notes for regular meetings. The leader's notes provide the aim of the study, a fun activity, discussion questions (with notes to help answer some questions) and prayer ideas.
- 8 student pages for regular meetings. The student pages can be photocopied and handed out if so desired. Each sheet contains the Bible passages (NIV) and questions. Note there is no student page for Week 5.
- 2 colour advertising posters designed to grab the attention of students and help increase awareness of your group. There is space for you to fill in your group name and where you meet. We encourage Independent schools to use the 'CRU School Groups' logo when promoting their group so as to link students with the work that God is doing in other schools.

BEFORE YOU START

- Whilst this resource is aimed at easing the load for the group leader, it is vital before each meeting to read the Bible passages and adapt the questions to the specific needs of your group.
- A variety of video clips and other resources are used in this series. These can be accessed from the Web Extras section of the Crusaders website:

www.crusaders.edu.au/ministry/resourcewebextras

- Unlike most CRU group resources, this resource does not contain a specific outreach week. This means you can choose which topic will work best as an outreach at your school. All the topics are suitable as they all explain an aspect of the gospel. We hope you will still run an outreach week while using this resource because...
 - > it encourages students to be outward looking and invite their friends
 - > it attracts new students to the group that may not normally come
 - > students hear the gospel clearly explained

So have a look at the topics and choose the one you think would work best at your school. You can find some tips for running a good outreach week at Web Extras.

- Please note that all pages in this resource can be photocopied but Crusaders request each school purchase at least one original.

We pray that this resource will be a great help as you join in God's work of bringing students to Himself and growing them to be like His Son.

*"We proclaim Him, admonishing and teaching everyone with all wisdom,
so that we may present everyone perfect in Christ.
To this end I labour, struggling with all His energy which so powerfully works in me."
Colossians 1:28–29*

Free Me

Week	Title	Passage	Main Idea
1	The Devil Made Me Do It	Colossians 2:13b-15	Freedom from Satan's power Jesus' death defeats Satan, freeing us from the power of his lies and temptations.
2	He Loves Me, He Loves Me Not	Galatians 2:20b	Freedom from what others think of me Jesus' death reveals God's love, freeing us from basing our self-worth on the opinions of others.
3	Scull! Scull! Scull!	Luke 22:41-44	Freedom from God's anger Jesus' death takes away God's anger, freeing us from the judgment of God.
4	The Spiritual Scale	2 Corinthians 5:21	Freedom from religious performance In His death Jesus takes our sin and gives us His righteousness, freeing us from religious performance.
5	My Freedom		An opportunity to share an area of your life in which you have already found freedom (or would still like to find freedom) through Jesus.
6	Dirty Little Secret	1 John 1:7-9	Freedom from shame Jesus' death purifies us from all sin, freeing us from shame.
7	I Forgive You	Ephesians 4:31-32	Freedom from bitterness Jesus' death provides us with total forgiveness, freeing us to forgive others.
8	Hook, Line & Sinker	Titus 2:11-14	Freedom from addiction Jesus' death redeems us from slavery to our passions, freeing us from the hold of addiction.
9	I'm Not Afraid Of...	Hebrews 2:14-15	Freedom from fear of death Jesus' death breaks the power of death, freeing us from our fear of dying.

The Devil Made Me

Colossians 2:13b-15

AIM

For students to recognise some of the ways in which Satan attacks people, and pursue the freedom we have from his power through the cross.¹

PREPARE

- ❑ Familiarise yourself with the content and context of 1 Peter 5:8, 1 John 3:8b and Colossians 2:13b-15. Pray that students will recognise the reality of Satan and pursue the freedom that Jesus' death has won for them.
- ❑ Photocopy the Week 1 student page (page 22) for everyone.
- ❑ Bring a roll of cling wrap for each team in the Fun Activity.
- ❑ Bring a 1 metre length of metal chain (up to 3.5mm thick) or plastic chain. This is available cheaply from hardware stores and will be used during several of the sessions. Note that in session 9 you will need to cut the chain (using bolt-cutters for metal chain, or side-cutters for plastic chain).
- ❑ Print the Web Extras documents 'True Supernatural Accounts' and/or 'The Supernatural Survey'.
- ❑ Print the Web Extras document 'Liar, Tempter & Accuser' onto three A3 coloured pieces of paper. Bring some blu-tack and a texta.
- ❑ Ensure you have facilities to show the Web Extras video clip 'Set Me Free'.

FUN ACTIVITY

This activity is designed to get students thinking about being trapped.

Cling Wrap - break students into teams and give each team a roll of cling wrap. Instruct each team to tightly wrap one member with the cling wrap from shoulders

to toes (ensure this person is not claustrophobic). The wrapped member's arms should be down at his or her sides to inhibit movement, although you may want to leave their hands free.

Before unwrapping these students, carefully lower them to the ground and challenge them to stand up without help from others - they should not be able to. Then get the wrapped students to their feet again. On your word, teams need to unwrap their members as quickly as possible whilst trying not to break the cling wrap. The first team to get their member unwrapped wins.

Note 1: You may like to play this game in single sex groups.

Note 2: Make sure some members of each team protect the wrapped student from falling over.

INTRODUCE

Holding up the chain, introduce this series by explaining that there are many things in life which trap us and we are unable to free ourselves from (as in the Fun Activity). Each week of this series will involve discovering how Jesus' death on the cross can free us from those things.

DISCUSS

Explain that today we are looking at how Jesus' death can free us from Satan. Introduce Q1 using the 'True Supernatural Accounts'² and/or 'The Supernatural Survey'.

1. What is your response to stories about spiritual forces who oppose God? Do you sense a spiritual battle going on around you?

You may receive a range of responses – from students who do not believe spiritual beings exist, to students who have personal experience with oppression from Satan. It is important to emphasise the reality of the spiritual world, comprising of both personal beings who are with God (angels) and who oppose God (Satan & demons).

¹ When discussing this aspect of the atonement, theologians sometimes use the term 'Christus Victor'. It refers to Christ's victory over Satan at the cross.

² The people in these accounts are personally known by the author of this resource, though names have been changed.

Do It



Stress from 1 Peter 5:8 that whilst Satan's attacks look different from place to place (and are not usually highly visible), he is at work everywhere trying to destroy people.

2. Blu-tack the 3 pieces of coloured paper in a visible place and ask a few students to read out the verses. As students respond to Q2, you may like to write their answers in texta on the corresponding pieces of paper.

What are some of the specific ways that Satan lies to us? tempts us? accuses us?

Lies: these include the things he tells us about God (God isn't good, God is a killjoy), about himself (Satan isn't real, dabbling in the occult won't hurt), and about ourselves (you are fine without God).

Temptations: these include direct temptations to do evil, but also temptations to make what is good in life our god.

Accusations: these include Satan telling us we are worthless, haunting us with our past, and telling us we cannot be forgiven by God.

Putting the chain around your wrists, emphasise that when we believe Satan's lies and follow his temptations we become trapped by him. Anyone who is not a follower of Jesus is in fact a follower of Satan and under his authority, whether they know it or not (Ephesians 2:1-2). Yet even as followers of Jesus, we can still sometimes find ourselves trapped if we listen to the lies of Satan.

3. Read 1 John 3:8b and Colossians 2:13b-15.

From Colossians 2:13b-15, how is Jesus' death able to free us from Satan's power?

Never once in His entire life did Jesus give in to Satan's lies and temptations. He was thus able to die to forgive our sins and cancel our guilt (verses 13b-14). Jesus' death looks like defeat, but actually it is where Jesus achieves His victory over Satan and his demons. He has taken away the hold they had over us ('disarmed' them) and He has publicly made fools of them.

Symbolise this by taking the chains off your own wrists. The image in verse 15 is of Jesus taking the chains off us, placing them on Satan and parading him through the streets as a captive while we celebrate.

On the one hand, it is important to emphasise here that Satan has been stripped of his power over us if we have been forgiven by Jesus. His future is one of certain judgment and torment (Revelation 20:10). We do not need to follow him or live in fear of him anymore.

On the other hand, it is important for students to recognise that though defeated, Satan is not yet destroyed. He continues to rule over those who do not follow Jesus and to attack those who do follow Jesus. As Christians, we must fight against Satan using the resources Jesus gives us so that we do not find ourselves chained again (James 4:7).

VIDEO

Watch the clip 'Set Me Free' (4mins 25secs).

APPLY & PRAY

Ask students to spend some time on their own pondering and praying about the following.

At the moment, is Satan attacking you in any specific way? If so, what could you do to fight against him?

After leaving some time for individual prayer, urge students to choose the winning side. The cross has already shown that one day Satan will be totally crushed by Jesus. Encourage those who currently feel under attack from Satan to speak about it both with Jesus and with a mature Christian.

FINISH

Remind students of the reality of the spiritual world they live in this week.

Week 1

THE DEVIL made me do it

1 Peter 5:8

^{8b}Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour.

1 John 3:8b

^{8b}The reason the Son of God appeared was to destroy the devil's work.

Colossians 2:13b-15

^{13b}He forgave us all our sins, ¹⁴having canceled the written code, with its regulations, that was against us and that stood opposed to us; he took it away, nailing it to the cross. ¹⁵And having disarmed the powers and authorities, he made a public spectacle of them, triumphing over them by the cross.



THE DEVIL and me
we BOTH agree,
I DON'T LIKE HIM
and HE DON'T LIKE me.

1 What is your response to stories about spiritual forces who oppose God? Do you sense a spiritual battle going on around you?

2 What are some of the specific ways that Satan lies to us? tempts us? accuses us?

3 From Colossians 2:13b-15, how is Jesus' death able to free us from Satan's power?

Apply: At the moment, is Satan attacking you in any specific way? If so, what could you do to fight against him?