

FREEDOM TRAINING - Listening Guide  
SESSION 6

***How do we work the truth into our lives so that it's actually impacting our thoughts?***

Most of us are not aware of our thoughts.  
Most of us are much more aware of our emotions.

If we are not willing to take responsibility for our emotions or thoughts, no process is going to be helpful.

**THE PROCESS:**

- 1) Identify the unfruitful emotion.
  - ◆ Galatians 5
  - ◆ Look for emotional responses, actions, habits that do not line up with the Fruits of the Spirit.

**Galatians 5:22-23**

*But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. There is no law against these things!*

When we are living our lives based on the truth of God's Word we will experience the fruit of the Spirit...this quality of life and emotion.

The Fruit of the Spirit becomes the filter of our thoughts and emotions.

The three main unfruitful emotions:

- Anger
- Fear
- Shame

***Unfruitful emotions are indicators that something is going on below the surface that needs to be looked at.***

***Unfruitful emotions do not have to be the main experience of your life. Jesus came to set us free from them.***

## SESSION 6

### DISCUSSION QUESTIONS:

- 1) Most of us are not aware of our thoughts. What do you think about this statement? Do you agree? Disagree? What does it mean?
- 2) Have someone read Galatians 5:22-23 out loud. List out the fruits of the Spirit. Then read the same passage in The Message version of the Bible (hint: use a Bible app on your phone) to gain a further understanding of what each of these “fruits” should actually look like in the life of someone living in freedom.
- 3) Go around your group and have each person answer this question: On a given day, what percentage of time do your emotions line up with the fruits of the Spirit?
- 4) What are the three basic categories of unfruitful emotions? List as many other words/emotions that you can that would fall into these same categories (example: irritated, annoyed, etc.).
- 5) From the list that you came up with as a group, have each person share the unfruitful emotion (or emotions) that you experience the most.
- 6) *“Jesus came so that we wouldn’t have to live imprisoned to our unfruitful emotions. The prison door is wide open.”* Why do we stay inside the cell?