

Finding Freedom

Understanding and Living in Redemption

**A SHORT BIBLE STUDY AND
REFLECTION GUIDE**



Faith, Hope and Love Ministries

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About Us

At FHLM, we are dedicated to nurturing faith, fostering hope, and spreading love. We provide both spiritual and practical guidance to Christians, students, and Christian leaders. We are not a church, and we do not offer financial support.

We are a small ministry with a simple hope: to put warm, thoughtful, Bible-centred resources into the hands of anyone who wants to grow closer to Jesus — whether you are gathering a group around a kitchen table or sitting quietly with a cup of tea and an open Bible. Everything we make is offered freely, in the hope that it will be a blessing and passed on.

Core Values

Our mission is grounded in the values of unconditional love and unity. We prioritise inclusion and diversity over dogmatism and division, reaching out to people right where they are, and trying our best to follow the example of Jesus.

Contents

This guide is organised into three main sections:

- Leaders Guide
- Bible Study Notes
- Worksheet

Note

This guide is formatted for double-sided printing, to save paper and make for a nicer reading experience.

Stay in Touch

We would love to keep walking alongside you. Explore our growing library of Bible study and reflection guides, and do get in touch to let us know how you are getting on.

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Leader's Guide

Finding Freedom: Understanding and Living in Redemption

Introduction for Leaders and Solo Readers

Dear Leaders and Solo Readers,

Welcome to “Finding Freedom: Understanding and Living in Redemption,” a short study and reflection guide from all of us at Faith, Hope, and Love Ministries. Whether you are guiding a group or making this journey on your own, we are so glad you are here. Over two short sessions we will explore the theme of redemption and the deep freedom it offers us in Christ.

Each section has been prepared so that you can adapt it to your group or to your own reflection. Please feel free to adjust the content, the discussion points, or even the order of things to suit your setting — you know your people, and we trust you with them.

You will also find a suggested prayer at the beginning and end of each session. Pray them as they stand, reword them, or set them aside and pray from your own heart; they are simply there to help you begin.

We have laid out the sessions to fit on a single, double-sided page — Scripture and notes on one side, discussion and reflection questions on the other — so they are easy to photocopy and hand round.

You can find out more about us, or say hello, at <https://fhlm.org>, or on Facebook, Instagram, and LinkedIn.

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A word on Scripture: the verses in this guide are taken from the Berean Standard Bible (BSB), used with kind permission. Please read along in whichever translation you love best — we are not endorsing any single one. What matters most to us is that you read for understanding, and meet the Lord in His Word.

Our prayer is that this short guide will be a real blessing as you explore redemption and the freedom Christ offers — that you would not only come to understand it, but to live it.

In service to Christ,

Faith, Hope and Love Ministries

Session 1: Understanding Redemption

Opening Prayer:

"Dear Heavenly Father, as we begin our journey into the profound gift of redemption, we come before You with open hearts. May Your guidance and wisdom be with us as we explore the Scriptures together. Amen."

Key Scripture:

John 3:16 (BSB) "For God so loved the world that He gave His one and only Son, that everyone who believes in Him shall not perish but have eternal life."

Supplementary Scripture:

- Ephesians 1:7 (BSB) "In Him we have redemption through His blood, the forgiveness of our trespasses, according to the riches of His grace"

Discussion Points:

1. The Heart of Redemption:

- How would you put redemption into your own words, drawing on the key Scripture, John 3:16? What does it reveal about God's love?
- John 3:16 speaks of God loving the whole world. How does that wideness shape the way you understand redemption?

2. The Cost, and Our Response:

- Ephesians 1:7 speaks of redemption "through His blood." Why is redemption so often bound up with sacrifice, and what does that mean for us?
- What do you think it means to "believe in Him" (John 3:16), and how does receiving this gift begin to change the way we live?

Desired Outcomes:

By the end of this session, we hope everyone will have a clearer understanding of redemption as an outpouring of God's boundless love — recognising how wide that love is, and how it has the power to transform our lives.

Closing Prayer:

"Gracious God, we thank You for the gift of redemption through Your Son, Jesus Christ. May the truths we've explored today take root in our hearts and move us to live in the fullness of Your love. In Jesus' name, we pray. Amen."

Session 2: Living in Redemption

Opening Prayer:

"Heavenly Father, as we look more deeply at what it means to live in redemption, we seek Your presence and guidance. Help us to embrace the redeemed life You so freely offer. Amen."

Key Scripture:

2 Corinthians 5:17 (BSB) "Therefore if anyone is in Christ, he is a new creation. The old has passed away. Behold, the new has come!"

Supplementary Scripture:

- Philippians 4:6–7 (BSB) "Be anxious for nothing, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."

Discussion Points:

1. A New Creation:

- Reflect on 2 Corinthians 5:17. How does becoming a "new creation" stir up hope and invite change? Share an experience of transformation, if you are willing.
- What makes it hard to let go of the old — past mistakes, habits, ways of thinking — and step into the new?

2. Prayer, Peace, and Sharing:

- Philippians 4:6–7 ties prayer to the peace of God. How can prayer and time in the Scriptures help us actually live in redemption, day by day?
- How might sharing your own story of redemption strengthen your faith and encourage others around you?

Desired Outcomes:

By the end of this session, we hope everyone will see that living in redemption means embracing change, leaning on prayer for peace, and sharing our redeemed lives with others — and will be encouraged to take practical, everyday steps to live it out.

Closing Prayer:

"Loving Father, we thank You for the promise of a new creation in Christ. May we walk continually in this redeemed life, finding peace through prayer and sharing Your love with others. In Jesus' name, we pray. Amen."

Finding Freedom: Understanding and Living in Redemption

Discover the transforming power of redemption — a journey from understanding the freedom Jesus offers to living in it, day by day.

Bible Study Notes

Finding Freedom: Understanding and Living in Redemption

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Session 1 – Understanding Redemption

Redemption is a word we hear often, yet it can feel hard to pin down. At its simplest, to be redeemed is to be set free from something that has been holding us fast. Picture yourself locked in a room with no way out; then someone comes with a key and opens the door. That release — that sense of being set free — is close to the heart of what redemption means.

In the Bible, Jesus is the One who sets us free. He came to earth for exactly this reason: to help us move past our mistakes, our history, and even our own doubts. One well-loved verse gathers it all into a single sentence. It is John 3:16: “For God so loved the world that He gave His one and only Son, that everyone who believes in Him shall not perish but have eternal life.”

We might well ask why Jesus had to come at all. Could not God, who can do anything, simply set everything right? Scripture answers that freedom is not free; there is a price to be paid. Romans 6:23 puts it plainly: “For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.” Our wrong turns carry real consequences, and Jesus alone could put things right on our behalf. And so He did something both brave and astonishingly loving: He gave His life on a cross to pay the price of our freedom. As 1 Peter 1:18–19 says, “it was not with perishable things such as silver or gold that you were redeemed... but with the precious blood of Christ, a lamb without blemish or spot.”

What does all of this mean for us today? It means we are offered a genuinely new start. We need not stay trapped in old mistakes or poor choices; in Christ we can begin again — and, better still, we can know a real and loving relationship with God, who loves us more deeply than we can grasp. The way in is simply to receive this gift: like a present held out to us, we have only to take it and open it. Then, day by day, we learn to live it — talking with God in prayer, coming to know Him in the Scriptures, and seeking to be kind and loving to others, as Jesus was. Redemption, in the end, is not merely an idea to understand; it is a new way to live.

Discussion and Reflection Questions

Understanding Redemption

Here are some questions to guide your discussion and quiet reflection. There's no need to rush through them all — linger wherever God seems to be at work.

1. How would you describe the idea of redemption in your own words?
2. Can you share a personal experience where you felt redeemed, or set free from something in your life?
3. Why do you think redemption is such an important theme in the Bible and in the Christian faith?
4. How does John 3:16 help us grasp the depth of God's love and the purpose of redemption?
5. In what ways can the idea of redemption offer hope and encouragement to someone facing hard circumstances?
6. What do you think it means to "accept the gift of redemption"? How is it like receiving a present?
7. How does redemption open the door to a fresh start, whatever our past mistakes?
8. Do you see redemption as a one-time event, or as an ongoing journey? Why?
9. How might our understanding of redemption shape the way we treat and support others around us?
10. What practical step could you take to remind yourself daily of the freedom and love that redemption offers?

Session 2 – Living in Redemption

Now that we have seen what redemption means and how it comes to us through Jesus Christ, a further question follows: how do we actually live in this redemption? Knowing that we are free is one thing; living as though we are free is another matter altogether.

The first step is to receive the gift of redemption fully. It is rather like being handed a present — you have to take it, unwrap it, and enjoy what is inside. Ephesians 2:8-9 says it beautifully: “For it is by grace you have been saved through faith, and this not from yourselves; it is the gift of God, not by works, so that no one can boast.” Receiving this gift is as simple, and as profound, as believing in Jesus and trusting what He has done for us.

Once we have embraced the gift, the real transformation begins. Redemption is not only about breaking free from our past; it is about living a wholly new life. As 2 Corinthians 5:17 puts it, “Therefore if anyone is in Christ, he is a new creation. The old has passed away. Behold, the new has come!” Little by little we let go of old habits and ways of thinking that no longer fit our new identity in Christ.

How do we do this in practice? One way is through prayer and the Scriptures — not as dry religious duties, but as ways of drawing near to God. The better we come to know Him, the more we understand how to live in the freedom He offers. Philippians 4:6-7 gives us this: “Be anxious for nothing, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.” Another way is to share our own story; when we speak of how God has changed us, it strengthens our own faith and stirs hope in others. As Jesus says in Matthew 5:16, “let your light shine before men, that they may see your good deeds and glorify your Father in heaven.” Living in redemption is not a single moment but a lifelong journey — returning again and again to God, and letting His love reshape every part of our lives.

Discussion and Reflection Questions

Living in Redemption

Here are some questions to guide your discussion and quiet reflection. There's no need to rush through them all — linger wherever God seems to be at work.

1. How does living in redemption differ from simply knowing about it?
2. Can you share an example of how living in redemption has changed your life, or someone else's?
3. In what ways can receiving the gift of redemption shape our daily choices and actions?
4. How does the idea of becoming a "new creation" (2 Corinthians 5:17) inspire change and growth in us?
5. What part do prayer and the Scriptures play in helping us live in the freedom redemption offers?
6. How can we make prayer and Bible reading a regular part of life, even in busy seasons?
7. Have you ever shared your story of redemption with someone? How did it affect them, and how did it affect you?
8. How do you see redemption as a lifelong journey? What does that journey look like for you?
9. In what ways can living in redemption strengthen the sense of community among believers?
10. What commitment could you make to keep embracing and living in redemption, day by day?

Worksheet

Whether you are new to exploring redemption or have walked with the Lord for many years, this short, two-session study offers a way into its heart. The worksheet that follows is a companion to the study — a way of taking its themes a little deeper and putting them to work in everyday life.

In a group

If you are leading a group, do give a copy of this worksheet to each person to take home. Explain that it is for personal reflection and practical application. In your meetings, or in quiet times of reflection, you might invite people to share their insights, their struggles, and their experiences — while making clear that completing the worksheet is never required, only offered as a help.

On your own

If you are reading on your own, use this worksheet as a personal guide to reinforce and apply what the study has stirred in you.

The worksheet sets out ten simple, doable steps for your journey of understanding and living in redemption. As you take them up, our prayer is that your relationship with God would deepen and your faith grow.

Ten Steps to Live in Redemption

By taking up these steps, our prayer is that you will come to know redemption more richly and taste its transforming power in your everyday life.

1. Claim Redemption:

Actively welcome redemption into your life by praying for God's grace and acknowledging His saving power.

2. Memorise Key Verses:

Commit John 3:16 and Ephesians 2:8-9 to memory, and say them over each day to remind yourself of God's gift of redemption.

3. Break an Old Habit:

Name one old habit you can let go of this week, and replace it with a new, positive action that reflects your redeemed life.

4. Make Time to Pray:

Set aside particular times each day to pray, focusing on your journey of redemption and asking for God's peace, as described in Philippians 4:6-7.

5. Share Your Story:

Tell at least one person your own story of redemption this week — a friend, a family member, or even a stranger.

6. Begin with a Reminder:

Start each day with a short reminder of redemption, letting its truth shape the hours ahead.

7. Align Your Actions:

List three ways you can bring your daily actions in line with your redeemed identity, and put them into practice this week.

8. Build Community:

Arrange or join a small gathering to share experiences of redemption, nurturing a sense of fellowship among believers.

9. Find Hope in Trials:

When times are hard, seek out passages of Scripture and writings that hold up redemption as a source of hope.

10. Celebrate Freedom:

End each week by journaling, or by telling someone you love, how you have known the freedom that redemption brings.

May your journey of understanding and living in redemption be a source of blessing and transformation, guided always by the love and grace of Jesus Christ.

Stay Connected with Faith, Hope, and Love Ministries

Thank you for spending this time with us. We'd love to keep walking alongside you — so do stay in touch, and let us know how the study went.

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With Thanks

We're deeply grateful to everyone who has supported and prayed for these Bible Study and Reflection Guides.

Pass It On

We love working alongside anyone who shares our heart for serving others. If this guide has been a blessing, please consider donating, volunteering, or simply passing it on to someone else.