

CONNECT

Have you ever been stuck in the snow? How did you get free?

LEARN & APPLY

Read Mark 5:1-20; John 5:1-15; John 8:34

- What is the difference between choosing sin and being enslaved by sin?
- In the story of the Gerasene demoniac (Mark 5), what signs of bondage stand out to you? Where do you see similar patterns of isolation or self-destruction in our world today?
- When Jesus asks the man at Bethseda, “Do you want to get well?” (John 5:6), why doesn’t he simply answer yes?
- The sermon described how social media algorithms can quietly shape our thinking and reinforce our opinions. In what ways might technology, comparison, or outrage be forming your heart more than Scripture?
- Jesus speaks and chains break. What practical step toward freedom might God be inviting you to take this week? (Confession? Digital Boundaries? Seeking Help? Prayer?)

PRAY

Read Romans 8:38-39 together. Pray for one another for courage to seek healing and for the freedom that only Christ can give. Conclude with the Lord’s Prayer



CONNECT

Have you ever been stuck in the snow? How did you get free?

LEARN & APPLY

Read Mark 5:1-20; John 5:1-15; John 8:34

- What is the difference between choosing sin and being enslaved by sin?
- In the story of the Gerasene demoniac (Mark 5), what signs of bondage stand out to you? Where do you see similar patterns of isolation or self-destruction in our world today?
- When Jesus asks the man at Bethseda, “Do you want to get well?” (John 5:6), why doesn’t he simply answer yes?
- The sermon described how social media algorithms can quietly shape our thinking and reinforce our opinions. In what ways might technology, comparison, or outrage be forming your heart more than Scripture?
- Jesus speaks and chains break. What practical step toward freedom might God be inviting you to take this week? (Confession? Digital Boundaries? Seeking Help? Prayer?)

PRAY

Read Romans 8:38-39 together. Pray for one another for courage to seek healing and for the freedom that only Christ can give. Conclude with the Lord’s Prayer

