

# Help Is Here

## LESSON 3 // SET FREE TO LIVE FREE

**Big Idea:** Christmas will never have its full and proper meaning for us until we understand our desperate need for help and the help available to us in Christ.

Christmas is all about our Heavenly Helper coming to free us from our prisons. Although we are born in a “prison” of sin and struggle with our sinfulness, Jesus came to set us free from this. At the moment we receive Christ as Lord and Savior, we are released from the *penalty* of sin and begin the journey toward freedom from the *power* of sin in our daily lives. We actually become prisoners of the One who set us free, now committed to serving and living for Him rather than our own sinful desires.

**Luke 4:18 (NIV)** *The Spirit of the Lord is on me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to set the oppressed free.*

**Galatians 3:22 (NLT)** *But the Scriptures declare that we are all prisoners of sin, so we receive God’s promise of freedom only by believing in Jesus Christ.*

**2 Corinthians 5:17 (NLT)** *This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun.*

**Ephesians 4:1 (NIV)** *As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received.*

### Start Talking:

What’s one way you have experienced freedom in Jesus as a believer that you didn’t experience before you knew Him?

### Start Thinking:

**Read Luke 4:18.** What do you learn from these verses about why Jesus came and the impact this can have on our lives?

**Read Galatians 3:22.** What does it mean that “we are all prisoners of sin”?

**Read 2 Corinthians 5:17.** In what ways did you become “a new person” when you came to know Jesus as Lord and Savior? What “new life” began at that point?

**Read Ephesians 4:1.** Why do you think Paul calls himself “a prisoner for the Lord”? How might this apply to you as a follower of Jesus?

### Start Praying and Doing:

Pray for greater insight into the wonderful freedom you have in Christ. You’ve been pardoned and released from the prison of sin! Look for opportunities in this Christmas season to “use this freedom to serve others in love” (Galatians 5:13), just as Jesus humbled Himself to serve us.