

Freedom Journey for Teens Curriculum Outline

Unit 1 | My Life

Week 1 | Jesus Accepts Me

Luke 7:36-50

- Does God see and care about me?
- Have I blown it with God because of poor choices?

In the story of the Luke 7 woman, we find an example of someone rejected by society. Yet Jesus not only accepted her, he elevated, restored, and blessed her. This class also explains class components, goals, and expectations.

Week 2 | Choosing God's Way

Jeremiah 6:16; Luke 4:1-13

- Where do pain and temptation come from?
- Where do Trust Trail and Pride Pathway end up?
- How do I learn to choose Trust Trail?

Temptation is a crossroad where we make a choice by answering the question, "Who will I serve?" If we choose Trust Trail—God's way—it leads to the Promised Land. If we choose Pride Pathway—our way—it leads to Egypt, a metaphor for bondage and pain.

Week 3 | A Slave to Sin

Jeremiah 2:13-21; 3:12-13; Ecc. 2:1-11

- Why did I make so many mistakes?
- Does God care about the choices I make?

Trouble begins when we forsake God by rejecting his way and choosing to go our own way. When we make prideful choices, we inevitably end up with plans and schemes that don't work. The consequences are severe. Our merciful God cares about us and provides a way back to him.

Week 4 | A Boy Named Joseph

Genesis 37:18-28; Acts 7:9-10a

- Are Joseph's struggles relevant to me?
- Why does God allow and sometimes bring suffering?

Joseph is a role model for our journey because he coped well with many difficult life challenges. Although he came from a dysfunctional family and suffered many injustices, God worked for his highest good in each event, using the struggles to prepare and mature him..

Week 5 | A Man Named Joseph

Genesis 42:6-24; 45:1-15; 50:20

- What can I expect during my journey?
- Will I still heal if I make mistakes?

By looking at the twists and turns of Joseph's adult years, we learn what a normal journey to freedom looks like. Joseph struggled a great deal with uncomfortable feelings. He made mistakes, yet God never left him. God led Joseph through and out the other side to an amazing life.

Week 6 | God, My Source

Exodus 6; 12; 14; 16

- What does it mean to be my own provider, protector and power source?
- Why are true beliefs critical?

God wasn't just moving his people to a new neighborhood when he called Moses to lead them out of Egypt. He was shaping them into a God-fearing nation who would follow his ways. God accomplished the transformation by revealing his incredible power, ability to protect, and desire to provide for their needs.

Unit 2 | My Mind

Week 7 | Seeing Clearly

Romans 11:33-34; Luke 18:31-33

- How does God see things?
- Why is my perspective different from God's?

Our perspective is the judgment we make about a person or situation and is fed by our beliefs and thoughts. God's perspective about our life is more encompassing than what we can see from our limited vantage point.

Week 8 | A View of Abuse

2 Samuel 13

- Why does abuse happen?
- Where is God when abuse occurs?

The rape of Tamar by her brother Amnon is a tough story. We look at the devastating effect abuse has on the entire family as we try to understand why abuse happens and who is and isn't to blame.

Week 9 | Freewill, Our Choice

1 Peter 1:3-9

- What is freewill all about?
- Is my eternal salvation secure?

God knew when he created our freewill that we would use it harmfully, so he made a plan to restore us. Our choices are either a wall or a door to God's restorative work. God is the only one who can perfectly balance justice and mercy.

Week 10 | Nehemiah's Story

Nehemiah 1-2

- Does God care about my feelings?
- Does God really answer my prayers?

We explore a positive example of how Nehemiah trusted God's perspective. We observe the way he processed his difficult feelings and how God was a faithful provider, protector, and source of power.

Week 11 | Defeating the Devil

1 John 4:4; 1 Peter 5:8; Rev. 12:7-12

- Who is Satan, what does he do, and why is he after me?
- How do I keep the enemy from messing with me?

Success in our journey requires awareness of the enemy, accurate thinking about how he works, attentiveness to the things that attract his attention, and appropriate action when he attacks. Even though the enemy is real, he is no match for the power of God.

Week 12 | Mental Victory

2 Corinthians 10:3-6; Philippians 4:8

- Is it possible to control my thoughts?
- What weapons does God give me to fight this battle?

Victorious people stand guard, watching what boards the on-ramp of their minds. They screen their thoughts, measuring them against God's truth and rejecting anything that doesn't measure up.

Week 13 | The Promise

Ezekiel 36; Jeremiah 29:11

- How do I live victoriously?
- What are the blessings that God promises?

The moment we turn toward God and seek his way, he begins to bless us and fulfill his purposes for us. As he accomplishes the restoration of our mind and heart, he brings us to a place of contentment, joy, and peace.

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Unit 3 | My Identity

Week 14 | Hagar, Child of God

Genesis 16

- Does God see me and care about my feelings?
- How do unhealed emotions propel my choices?

Even though Hagar wasn't looking for God, he sees Hagar's misery and responds by coming to her and providing for her within her circumstances. Her encounter with the "God Who Sees," lifts her out of the pit of hopelessness.

Week 15 | Arresting Anger

Ephesians 4:22-32

- What is feeding my anger?
- What forms of anger play out in my life?

Our anger takes many forms, some subtle and others obvious. Responding in anger hurts our relationship with God, others, and our self. Becoming aware of our anger patterns helps us not be controlled by them.

Week 16 | Victim No More

Ecclesiastes 7:18; Luke 6:31

- What rules do victims live by?
- What false beliefs have I embraced about my identity?

The victim identity tells us we are defined by what has happened to us and that we have no choices. This identity keeps us stuck, but changing what we believe about ourselves helps us change our victim patterns.

Week 17 | The Desert, Sea, and Prison

Psalm 107

- What are the unmet longings in my heart?
- How is pride, unbelief, or rebellion guiding my choices?

Our journey as a victim can feel like a dry desert, stormy sea, or gloomy prison. We get there with choices rooted in pride, unbelief, and rebellion that don't satisfy our needs. No matter what we have chosen, God can deliver us.

Week 18 | I Am Good

Romans 12:3; 1 Corinthians 15:10

- How do lies affect my identity?
- How does God see me? Who am I really?

Self-acceptance comes from believing the truth about who we are in Christ. He views us as his precious sons and daughters and accepts us as we are, including our strengths and weaknesses.

Week 19 | Captives No More

Isaiah 43

- How do I deal with my fear of trusting God?
- What will happen if I trust God?

God knows that our journey to freedom is hard. He encourages us to not be afraid because he loves us and is with us every step of the way. It is in the journey that we are transformed.

Week 20 | My Honest Place

Isaiah 57:14-21

- What happens to my relationship with God when I sin?
- How does God provide restoration to him?

Unhealed wounds propel our sinful choices against God and others. Sin creates a barrier in our relationship with God. Because of God's mercy, it is safe to turn to him in honesty and vulnerability. Confessing our sins and receiving forgiveness sets us free from shame and guilt.

Unit 4 | My Heart

Week 21 | Doing the Right Thing

Micah 6:8; Luke 6:27-36

- What does it look like to act justly, love mercy, and walk humbly?

As we shed the victim identity, we replace it with God's standard for living victoriously. We do the right thing regardless of how others treat us. We give others grace instead of judgment. We live in humility knowing it's all about God, not us.

Week 22 | Four Steps to Victory

Psalm 37:1-11

- How does God want me to handle hard situations?
- What blessings come from this process?

When tough problems come our way, God wants us to trust him and commit to doing what he tells us to do. We can rest in the strength he provides to not control or act out. Finally, we can wait while God works on our behalf.

Week 23 | Forgiveness Leads to Freedom

Matthew 18:21-35; Genesis 45:1-15

- How does unforgiveness keep me in bondage?
- How do I heal from wounds inflicted by others?

Forgiveness is the remedy for wounds others have created. Forgiveness is giving the mercy I have received to my offenders and letting God be their judge instead of me.

Week 24 | Honoring My Losses

Genesis 46:28-29; 49:33-50:3; Romans 8:28

- What does the grieving process look like?
- Is God really working for my good?

Forgiveness removes the barriers and allows the sadness to finally emerge as we mourn our losses. Grieving is the last stop on our freedom journey. As we grieve, God sustains us by applying his soothing balm. When grieving is completed, we are finally free and healed.

Week 25 | The Real Me

Romans 12:1; James 1:21-27

- What is a congruent person and how do I become one?
- How can I worship God in every area of my life?

While living in Egypt, we say one thing, do another, and still believe something else. As our healing progresses, our thoughts, feelings, actions, words, and beliefs begin to line up with God's heart. We become congruent, and our life becomes a beautiful sacrifice of service for God.

Week 26 | Staying on Course

John 15:1-8; Matthew 6:9-13, 33

- How can I increase my motivation to be with God, to read the Bible, and to pray?

Once we have experienced some freedom and healing, we maintain our new closeness to God through prayer, Bible reading, and fellowship with Christians.

Week 27 | Heaven, Our True Home

2 Cor 4:18; Philippians 3:20; Revelation 21:1-4; Heb 13:5-6

- What is the purpose of this life?

God's Word gives us glimpses of his eternal perspective—that this life is not the point. Although we experience pain and disappointment on earth, the day will come when we will experience the fullness of God's promises and dwell with him for all eternity.