

## CHAPTER ONE: Upside Down Freedom Time to Stretch Questions

1.	Would you say you crave freedom, and if so, how would you describe what you're longing
	for?

2. Do you think God promises you freedom? Or have you always thought of God as taking away your freedom? How has your opinion been challenged through what you've read so far?

3. Our identity is not found in what we do each day nor by what others say about us, who we are in a relationship with or who we hang out with. Our identity is found in our place in the family of God, made possible by faith in Jesus Christ as our personal Savior. Have you received Jesus as your Savior? If yes, please take this moment to record your experience and thank God for this gift. If no, take time to tell God what makes you hold back or hesitate, and ask Him to increase your faith.

 blessed
 chosen
 holy
 blameless
 predestined
 adopted
 redeemed
 forgiven
 rich in grace
 included in Christ
saved
marked
knowing the truth
able to believe
sealed
God's possession
guaranteed our inheritance
the praise of His glory
 filled with the Holy Spirit

ō.	How do the descriptions from the Ephesians 1 passage change your definition of what it means to be a child of God? (Did you check everyone? They're all correct!) How does it impact your identity in a good way?
5.	Are you willing to make the commitment to read a chapter a day in the Bible and record what you discover? If yes, please share this decision with a Christian friend, mentor, or parent. Ask them to hold you accountable to the goals you write down below:
	1. I plan to use this Bible or App:
	I plan to have my journal and notebook ready to use by     this date:
	3. I plan to read this book in the Bible:
	4. I plan to read a chapter a day, which means I'd like to finish reading the book I selected by this date:

ccountability partner by this date:							

5. I plan to write down what I am reading and would like to show my notes to my