



## FREEDOM RESTORED

with Jay Cookingham from Strategic Fathering Ministries

### ▶ FOCUS VERSES

For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them.

Ephesians 2:10

He has given me a new song to sing, a hymn of praise to our God. Many will see what he has done and be amazed. They will put their trust in the Lord.

Psalm 40:3

### ▶ DISCUSSION

**Jay talks about the family next door that invited him to Vacation Bible School as a child and the first time he heard about Jesus.**

- Do you remember the first time Jesus was introduced to you? What were your initial thoughts/feelings?

**Jay's life as an adolescent was plagued with verbal, physical, and sexual abuse. He blamed God for all the horrible things that were happening to him and wanted to hurt God by running away and turning his back on God.**

- Have you ever tried to hurt or run away from God? What happened? Did you succeed?

**Jay states that forgiving his dad was the first step to his personal freedom. For him to start living the way God wanted him to, he first needed to forgive his father. Jay goes on to explain that forgiveness doesn't excuse the wrong that was done to you, but forgiveness is what gets you out of "prison".**

- Have you been able to forgive a wrong that was done to you? If so, what steps did you take for forgive? How did it make you feel?

**The message behind Strategic Fathering Ministries is that being a father is more than having biological children. It is raising spiritual sons and daughters and getting them to see who Father God is and all His glory.**

- Have you had someone (a coach, teacher, pastor, leader, male role model) in your life who has helped "father" you to be the man you are today?
- What are some of your core strengths, abilities, and talents?
- Are you good at math/finances? Working on cars? Hunting? Sports? Debate?
- Are you using your abilities for God's glory?



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