



Family
supplement

Y²AM
Ministry Plan
2019-20

Finding Christ
Through Freedom (February 2020)



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Family Supplement

Finding Christ through Freedom

We began this month's conversation by learning about freedom and how true freedom comes when we choose to follow Christ. We read the biblical account of Christ in the Garden of Gethsemane (Mark 26:36-46) and how he used his freedom to choose to do the will of His Father even though it meant His death. We also discussed what we mean when we pray "Thy will be done" in the Lord's Prayer. Continue this conversation by asking your child what they learned, as well as exploring the resources on this page.

For Discussion:

- What does freedom mean? What are ways we can respect one another's freedom as we play and work together?
- Why is freedom so important to our relationship with Christ?
- Why does following Christ's commandments lead to true freedom if we really do not want to follow them?



Saint Story

Read the life of Saint Dorotheos of Gaza:

<https://www.youtube.com/watch?v=47rtv91Oexs>

How did St. Dorotheos attain freedom by setting aside his possessions to focus on Christ?

Bible Verse

“Stand fast therefore in the liberty by which Christ has made us **free**, and do not be entangled again with a yoke of bondage.”

Galatians 5:1

Social Media

Listen to the Podcast *The Morning Offering*:

https://www.ancientfaith.com/podcasts/morningoffering/free_will2

Consider how you can better exercise your personal free will for the glory of God.

Discussion

Look up the definition of freedom in the dictionary. Discuss what freedom looks like in different contexts. What would it look like if we choose to use our freedom to serve Christ - what might be different about our daily lives?

“If we want to be set free and enjoy perfect freedom, let us learn to cut off our willful desires; and so, with God's help, in a little while, we shall make progress and arrive at a state of tranquility.”

St. Dorotheos of Gaza