**Theme: Freedom**

**Goal:** Learn about freedom.

**Objective:** Identify one way you can practice free will in your daily life.

**Ice breaker:** Tell us your name and your favorite thing to do with your free time.

**Activity 1:** ***Saint Story***

Read the following story before discussion, and talk to your group about some of the highlights of the teachings of *St. Porphyrios*:

<http://orthochristian.com/91304.html>

Ask the following questions and help facilitate a discussion:

* What is the role of obedience in St. Porphyrios life?
* .What do you think about the paradox between obedience and freedom?
* How is obedience related to free will, and how can obedience be an exercise of free will?

**Activity 2: Article and Reflection**

Read the following article:

<http://stgeorgegoc.org/pastors-corner/fr-ricks-sermons/freedom-free-will-in-christ>

Ask the following questions and help facilitate a discussion:

* What is true freedom in Christ?
* What is your current relationship to free will?
* How does becoming a slave to Christ make us free?

**Activity 3: Scripture *Reading***

Have participants read the following verses:

Mark 8:34-38

34 “Then he called the crowd to him along with his disciples and said: “Whoever wants to be my disciple must deny themselves and take up their cross and follow me.

35 For whoever wants to save their life will lose it, but whoever loses their life for me and for the gospel will save it.

36 What good is it for someone to gain the whole world, yet forfeit their soul?

37 Or what can anyone give in exchange for their soul?

38 If anyone is ashamed of me and my words in this adulterous and sinful generation, the Son of Man will be ashamed of them when he comes in his Father’s glory with the holy angels.”

**Debrief:**

* How does this relate to free will?
* How could we lose our life and still be saved?
* What is the paradox here?
* How can we answer Christ’s call and live in this way?

**Conclusion:** *Wrap-up and Commitment*

Go around the circle and ask the group to name one way to incorporate freedom into the life of a college student.

**Closing Prayer:**

Dear God, thank you for sending Jesus to save us by dying on the Cross. We acknowledge that we have sinned and we cannot save ourselves. We believe that Jesus came to give us life, and by faith we receive You in our lives as our Lord and Savior. We pray that you would grant us repentance leading to a knowledge of the truth so that we can experience our freedom in Christ and be transformed by the renewing of our minds. In the name of the Father, Son, and Holy Spirit.

Amen.