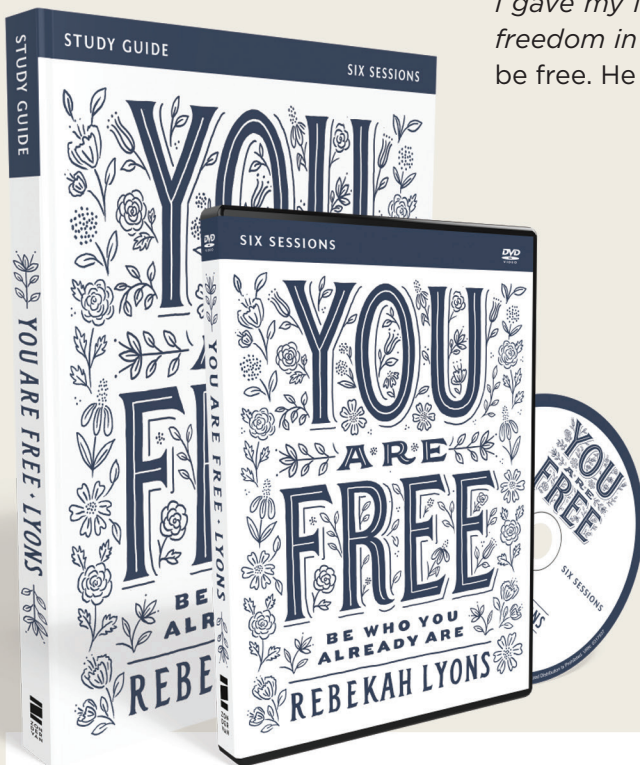


REBEKAH LYONS

JESUS CALLS US TO BE FREE!

In this six-session video Bible study, Rebekah Lyons helps you to reject the lie that what others think of you determines your worth. Jesus whispers, *I gave my life to set you free. I gave you purpose. I called you to live in freedom in that purpose.* Christ doesn't say you *can* be or *may* be or *will* be free. He says you *are* free.



THE *YOU ARE FREE* VIDEO STUDY WILL HELP YOU:

- Overcome the exhaustion of trying to meet the expectations of others and rest in the joy God's freedom brings.
- Release stress, anxiety, and worry to uncover the peace that comes from abiding in God's presence.
- Find permission to grieve past experiences, confess areas of brokenness, and receive strength in your journey towards healing.
- Throw off self-condemnation, discard the masks you wear, and step boldly into what our good God has for you.
- Discover the courage to *begin again* and use your new-found freedom to set others free.