

The Power of Choice: Freedom | Week 3

Based on the message by Pastor Adam Browett, Calvary Temple, May 11, 2025

Icebreaker Question (choose one):

- If your week had a “theme tree,” what would it be and why (e.g., fruitful apple tree, weary willow, strong oak, tangled vine)?
 - Share a significant choice you've made that dramatically changed the course of your life. What motivated that choice?
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Key Scripture: Deuteronomy 30:19

“Today I have given you the choice between life and death, between blessings and curses. Now I call on heaven and earth to witness the choice you make. Oh, that you would choose life so that you and your descendants might live!”

- What does this verse suggest about the power and responsibility we have in our daily lives?
 - How does this understanding of personal agency differ from ‘fate’ or ‘karma’?
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The Two Trees, Two Way of Living

Read: Genesis 2:9, 16-17

1. The Tree of Life:

- Discuss how the Tree of Life represents grace, relationship, and God’s presence in your life.
- The fruit Tree of Life is characterized by: love-motivated actions, identity in Christ, freedom and joy, being accepted and loved as you are.

2. The Tree of Knowledge of Good and Evil:

- Discuss how the Tree of Knowledge represents legalism, self-effort and rules.
- The fruit of Tree of Knowledge is characterized by duty-driven action, performance-based acceptance, guilt and shame, spiritual exhaustion.

3. Reflecting on the two trees:

- Which of the two trees most reflects your understanding of Christianity as a child or when you first committed your life to Jesus?
- Which “tree” do you find yourself living under most often?
- Who do you recognize when you’re operating from the Tree of Knowledge versus the Tree of Life?

Learning to Choose Life Daily

Review and discuss these 5 practical strategies:

a) **Start your day in the Tree of Life**

- Worship, gratitude, surrender.
- *What morning habits help you connect with God's love and presence*

b) **Pay attention to your thought life** (*Romans 12:2*)

- *What kinds of thoughts lead you toward shame or striving?*
- *How do you renew your mind and shift toward grace?*

c) **Stay connected to community**

- Don't live in isolation—spiritual growth thrives in relationships.
- *How does healthy community keep us connected to grace?*
- *How can this group help each other stay rooted in grace?*

d) **Be aware of religious mindsets**

- Legalism never brings life. Jesus often corrected religious people, not sinners.
- *Have you ever realized you were serving more from duty than love?*

e) **Choose grace over guilt**

- God's love always welcomes us back.
- *What does it look like to receive grace instead of trying harder after failure?*