



## Discussion Questions

1. When you hear the word freedom, what comes to mind?
2. Read Ephesians 4:25–32 again. Which instruction in this passage feels most challenging to live out right now?
3. The message talks about both personal and systemic brokenness. Where do you see each of these in today's world?
4. Why do you think it's tempting to define freedom as "doing whatever I want"?
5. The message says we can't separate spiritual freedom from real-world suffering. How do you respond to that?
6. Which of the three "costs" stood out to you most?
  - Being present
  - Being transformed
  - Loving deeply - Why?
7. Is there a situation where you've emotionally "checked out" instead of staying present? What would it look like to re-engage?
8. Where do you see division (social, political, theological) affecting relationships around you?
9. What makes unity in the Church difficult right now?
10. How can we disagree with others while still living as "one body"?
11. How can you stay informed about global or local suffering without becoming overwhelmed or disengaged?
12. What would it look like for your church to be a visible witness of freedom, justice, and love in your community?