

Freedom Journey for Teens Curriculum Outline

Unit 1 | My Life

Week 1 | Jesus Accepts Me

Luke 7:36-50

- Does God see and care about me?
- Have I blown it with God because of poor choices?

Week 2 | Choosing God's Way

Jeremiah 6:16; Luke 4:1-13

- Where does my pain come from?
- What is the source of temptation?

Week 3 | A Slave to Sin

Jeremiah 2:13-21; 3:12-13; Ecc 2:1-11

- Why did I make so many mistakes?
- Does God care about the choices I make?

Week 4 | A Boy Named Joseph

Genesis 37:18-28; Acts 7:9-10a

- Are Joseph's struggles relevant to me?
- Why does God allow and sometimes bring suffering?

Week 5 | A Man Named Joseph

Genesis 42:6-24; 45:1-15; 50:20

- What can I expect during my journey?
- Why do I have to feel hard feelings before I can heal?

Week 6 | God, My Source

Exodus 6; 12; 14; 16

- Why are true beliefs critical?
- Why don't I trust God to be in charge?

Unit 2 | My Mind

Week 7 | Seeing Clearly

Romans 11:33-34; Luke 18:31-33

- How does God see things?
- Why is my perspective different from God's?

Week 8 | A View of Abuse

2 Samuel 13

- Why does abuse happen?
- Where is God when abuse occurs?

Week 9 | Freewill, Our Choice

1 Peter 1:3-9

- What is freewill all about?
- Is my eternal salvation secure?

Week 10 | Nehemiah's Story

Nehemiah 1-2

- Does God care about my feelings?
- Does God really answer my prayers?

Week 11 | Defeating the Devil

1 John 4:4; 1 Peter 5:8; Rev. 12:7-12

- Who is Satan, what does he do, and why is he after me?
- How do I keep the enemy from messing with me?

Week 12 | Mental Victory

2 Corinthians 10:3-6; Philippians 4:8

- How can my thought life lead me into bondage?
- Is it possible to control my thoughts?

Week 13 | The Promise

Ezekiel 36; Jeremiah 29:11

- What are the blessings that God promises?
- Why is obedience always the proof of belief?

Unit 3 | My Identity

Week 14 | Hagar, Child of God

Genesis 16

- Does God see me and care about my feelings?
- How do unhealed emotions propel my choices?

Week 15 | Arresting Anger

Ephesians 4:22-32

- What is feeding my anger?
- What forms of anger play out in my life?

Week 16 | Victim No More

Ecclesiastes 7:18; Luke 6:31

- What rules do victims live by?

Week 17 | The Desert, Sea, and Prison

Psalms 107

- What are the unmet longings in my heart?
- How do pride, unbelief, or rebellion guide my choices?

Week 18 | I Am Good

Romans 12:3; 1 Corinthians 15:10

- How have lies affected my identity?
- Who am I really?

Week 19 | Captives No More

Isaiah 43

- How do I deal with my fear of trusting God?
- What will happen if I trust God?

Week 20 | My Honest Place

Isaiah 57:14-21

- How have my choices offended God?
- How does God restore my relationship with him?

Unit 4 | My Heart

Week 21 | Doing the Right Thing

Micah 6:8; Luke 6:27-36

- What does it look like to "act justly, love mercy, and walk humbly"?

Week 22 | Four Steps to Victory

Psalms 37:1-11

- How does God want me to handle hard situations?
- What blessings come from this process?

Week 23 | Forgiveness Leads to Freedom

Matthew 18:21-35; Genesis 45:1-15

- How does unforgiveness keep me in bondage?
- How do I heal from wounds inflicted by others?

Week 24 | Honoring My Losses

Genesis 46:28-29; 49:33-50:3; Romans 8:28

- What does the grieving process look like?
- Is God really working for my good?

Week 25 | The Real Me

Romans 12:1; James 1:21-27

- What is a congruent person and how do I become one?
- How can I worship God in every area of my life?

Week 26 | Staying on Course

John 15:1-8; Matthew 6:9-13, 33

- How can I increase my motivation to be with God, to read the Bible, and to pray?

Week 27 | Heaven, Our True Home

2 Cor 4:18; Phil 3:20; Rev 21:1-4; Heb 13:5-6

- What is the purpose of this life?