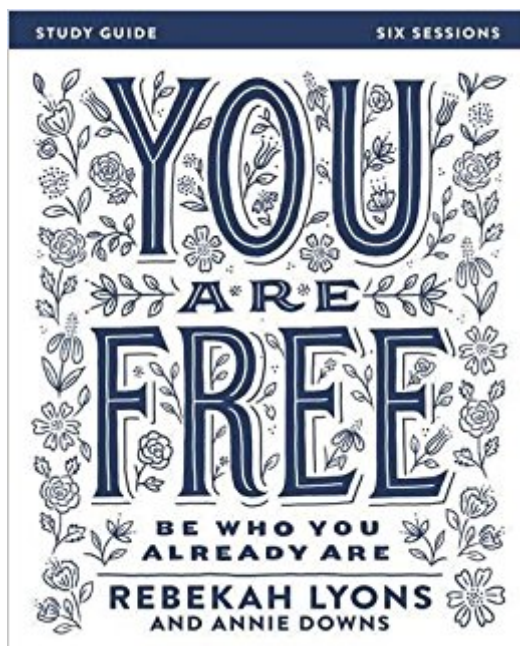


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# You Are Free Study Guide: Be Who You Already Are



## Synopsis

In this six session video Bible study (DVD/digital video sold separately), Rebekah Lyons explores why we all want to know, beyond a shadow of a doubt, what we were made for. Yet many of us believe that "calling" feels like something held for the exclusive few. Rebekah's heart is to dismantle that idea, to remind each and every one of us that God has plans for something specific if we have ears to hear the still small voice of a Father that beckons. What if we pressed into finding our truest selves hidden below the surface? Rebekah has traveled the country sharing with vulnerability her own pain and struggles to hear God and follow Him. I have prayed with hands laid for healing and deliverance on women considering suicide, experiencing trauma, fighting cancer, holding off divorce, overcoming addiction and more. These are women, battle weary and wounded saying, "I'm done with the life I've created. I hunger for all that God promises. I want to expect more from a passionate and relentless God. I cannot continue to operate from a place of wounding. Please set me free." But there is risk in this journey. We cannot get ahead of ourselves and just end up with a prettier version of striving. Rebekah reminds viewers that without healing from God along the way we can be pulled back into a place of wounding and bondage. But abiding in God's presence will bring us answers and inform and sustain our calling. Rebekah's voice is a vulnerable, prophetic call for women to become who they've already been designed to be. She is answering the questions women are asking. Listen to hear how we truly run free. Designed for use with the "You Are Free Video Study" (sold separately).

## Book Information

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## Customer Reviews

Rebekah Lyons is the author of *Freefall to Fly: A Breathtaking Journey Toward a Life of Meaning* and Founder of Q Women. She is the mother of three, wife of one and a dog walker of two living in Nashville. Rebekah is an old soul with a contemporary, honest voice who puts a new face on the struggles women face as they seek to live a life of meaning. Through emotive writing and speaking, Rebekah reveals her own battles to overcome anxiety, depression, and consumer impulses - challenging women to discover and boldly pursue the calling God has for them. Alongside her husband, Gabe, Rebekah serves as cofounder of Q Ideas, a nonprofit organization that helps Christian leaders winsomely engage culture. Her favorite pastime is spent with her nose in a book and a discriminating cup of coffee in hand. Website: <http://rebekahlyons.com> Blog: <http://rebekahlyons.com>

Great study! First time I've ever heard of Rebekah Lyons but since I've done this study I have been watching her on YOUTUBE and have fallen in love with her teachings! Thankful she wrote this study as it truly blessed me!

I am really enjoying this bible study.

Good book

Awesome Study! I highly recommend.

Amazing study from an equally amazing author. Item was in perfect condition as expected! Will watch for more of her work!

Excellent study! Rebekah Lyons is a dedicated student of the Bible and it shows in her teaching.

Great study guide!

I read the book *You Are Free* before this study guide came out. I wish I would have had the study guide while I was reading the book. I think it would be good to do the study guide along side reading the book but it can still be done after having read it. You can also do the study guide without watching the DVDs but they are helpful. The book is beautifully layed out. Material for in group use

and between meeting personal use is color coded white and blue. It is extremely easy to see what gets done when if you're doing the study with a group. I am doing it on my own so this is not as helpful but a nice way to divide up the book so I know when I'm finished with one week's material. The personal study pages are broken down into 3 sections: Reflect, Confess, and Respond (includes Write, Act and Pray). I feel like they call this a bible study but it's very light on bible study proper. Scripture is used throughout in order to guide the reader and show them what the bible says about things. I feel like it is more of a process guide. After reading the You Are Free book I felt like I needed a way to process in response to what I read in the book. This study guide is perfect for that. It asks lots of probing questions in order to help the user process their life in an effort to find freedom in Christ. The message of the book and the study guide are so important for women today. I feel like a lot of women struggle with different areas that keep them from being fully free in Christ. This study guide is a great tool to help women find out the areas they are in bondage to and release them to the Lord. Rebekah Lyons is open and genuine but doesn't sugar coat things. Lots of scripture is used which I love. She doesn't just give her opinion. She gives God's opinion and that is what truly matters and can change someone else's life. Overall this is a great book! And on top of it, it is so pretty to look at!

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