

## Discussion Notes for Session 2

We talked about what is the “Real Deal” vs. being Scammed. We did this by discussing what is the real purpose of rules? At different stages of life, we saw how rules have changed or adapted with our growth and understanding. We were able to establish that most rules are for our protection. We also talked about what a society without rules would look like and if it could thrive or even survive. Are rules just robbing us of our freedoms or are they protecting us so we can have real freedom?

How does sin rob us from our freedoms? The video speaks of sin in an interesting way. If cursing was your sin, at first it may be no big deal. You just use it every once in a while but then you become more familiar with it and begin using it more till you are suddenly cursing before you even knew it was coming out of your mouth. That simple sin has now taken over and you have lost control and have to focus hard on breaking a bad habit. In fact sin can define us. Telling one lie is not good but if you do it enough people identify you as a liar. The sin can trap you and in a way, rob you of your freedom.

Next we looked at the beginning and took a close look at Adam and Eve’s relationship with God and God’s plan for them. By not trusting God’s plan, Adam and Eve caused a separation from God. We call this Original Sin. Many consequences were as a result of this for all humankind but God didn’t leave us abandoned. He sent Jesus to show us the way and repair the separation of Adam and Eve so we can once again be with God completely.

Why is this important to us? Because it explains our Human Story. We have forgotten who we are and just like Adam and Eve, we often don’t trust in God’s plan or distrust that it can bring us total fulfillment and happiness.

So why did God give us freedom if he knew we were going to mess it up? Because without free will, there is no love. **Love is only real if it is given freely.** That is the real gift God gave us. To choose to love him will change our lives forever and positively shape every relationship we have for the better.

We are created in God’s image and likeness and that means we have a great capacity for real love and happiness.

**This week’s challenge** - Set your phone alarm and give God 10 mins in silence a day. You can divide it up by three minutes thanking God, three minutes asking him for guidance and grace and then four minutes just quietly listening.... Report back next class on what you found... was it easy or hard to sit in silence?