



Free Me From Me | Ryan Wekenman | 04.12.2026

Weekly Study

SHARE

As group members settle in, take a few minutes to check in with everyone and see how their lives are going. Share an exciting story from this week, your highs and lows, an answered prayer, or something you're struggling with. If someone is really struggling, rally the group around them and take a few moments to pray over them.

- Share a high, a low, and something interesting from this week.**

GROW

Last weekend, we celebrated the saving work of Jesus on the cross—and watched as hundreds of people stepped into new life with Him. Scripture puts words to that moment in 2 Corinthians 5:17: *“Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.”*

If you have placed your faith in Jesus, this is true for you. Not someday. Not when you figure it all out. Right now, you are in Christ, and something real has changed.

But if we're being honest, that's not always how it feels.

Moments after experiencing joy, peace, freedom, and hope, we can find ourselves slipping back into old reactions, old habits, old thoughts. Whether your moment with Jesus was last weekend or years ago, many of us have quietly wrestled with the same questions: *What now? What am I supposed to do with this new life? Why do I still struggle with the same things? Did something go wrong—or am I missing something?*

These questions don't mean your transformation isn't real—they mean you're stepping into a new way of living that takes time, intention, and trust.

That's what this next season is about. In our new series, *Free Me From Me*, based on the book by Ryan Wekenman, we're going to walk through the tension between what God has already done and how we actually live it out. And it begins with a simple, honest prayer:

"Lord, free me from me."

Read Ecclesiastes 1:1-11, Jeremiah 17:5-8, Luke 24:5-6

- What are some major takeaways from this week's message? What was revealing, encouraging, convicting, or challenging?**
- In what areas of your life do you find yourself most tempted to put yourself at the center of the story rather than God? Why do you think that is?**
- Read the verses above. What sticks out to you regarding this week's topic?**
- How/Where are you searching for life among things that only offer death?**
- What would change in your relationships, work, and daily decisions if you consistently prayed 'Lord, free me from me' throughout each day?**

MOVE

When we pray, “Lord, free me from me,” we’re inviting the Holy Spirit to lead us out of something many of us don’t even realize we’re in—the “Me Maze.” It’s the place where life slowly starts to revolve around our performance, our image, our control, and our ability to get things right. We look to people for approval, to outcomes for validation, and to ourselves for answers. And without noticing, we begin circling the same empty places, hoping they’ll finally satisfy what only God can.

Over time, we start to feel the tension. There’s a pull between two ways of living—the flesh and the Spirit. The flesh pushes us to strive, compare, avoid, and control. The Spirit invites us to trust, surrender, receive, and rest. And if we’re honest, we often trade what our soul needs most for what the flesh wants in the moment. The result is a quiet exhaustion—the kind that comes from constantly trying to prove, manage, or measure up.

The bad news? The desires of the flesh are strong, and it doesn’t care about pointing you towards eternal things because it knows it’s not coming with you.

The good news? Victory is already secured in Christ alone, through faith alone, and the Holy Spirit desires to dwell within you, helping you navigate this tension every step of the way.

If you are in Christ, the Holy Spirit lives within you—not as a nagging voice in your subconscious, but as a loving Helper. He leads with patience, not shame. He gently redirects, not condemns. He doesn’t demand perfection; He invites dependence. And maybe the most important question to sit with is this: where in your life do you sense that tension right now—and which voice have you been following?

Read Romans 7:19-25, Romans 8:1-12, Galatians 5:13-17

- The sermon describes the 'me maze' with four levels: perform, compare, avoid, and control. Which of these four do you struggle with most, and how does it manifest in your daily life?**

- As you read the verses above, what sticks out to you? How do you notice the struggle between the flesh and the Spirit showing up in your life?**

- Ryan mentioned that the Holy Spirit moves in like a roommate who reveals our blind spots. Share a time when the Holy Spirit convicted you about something you used to do without thinking twice.**

- Is there something the Spirit is nudging you about right now?**

So what does this actually look like in real life? How do we walk in step with the Holy Spirit and live in the freedom we've been given? Scripture gives us something far more honest—and far more powerful—than anything we could piece together on our own.

It starts here: let go of what is killing you, run from what pulls you back, and fix your eyes on the One who gives you life. In Acts 19:18–20, people didn't just confess their sin—they burned what once held them captive. In 1 Timothy 6:11–12, we're told to flee from what entangles us and pursue a different way of living. And in Colossians 3:1–10, we're invited to lift our eyes, set our minds on what is above, and step into the new life we've been given.

This isn't about perfection—it's about direction. It's about being honest enough to release what's empty, courageous enough to walk away from what's pulling you down, and humble enough to keep turning back to Jesus again and again. As Charles Spurgeon once said, *"It is a triumph of the gospel when people give up what they prize and suffer great loss in order to get rid of great sin. If we have come to trust in Christ, we will make short work of getting rid of all that is against that profession."*

Read Acts 19:18-20, 1 Timothy 6:11-12, Colossians 3:1-10

- As you read these verses, where do you sense the Holy Spirit gently nudging your attention?**

- If you were to "burn" something like in Acts 19, what would it be for you right now? (a habit, mindset, relationship, pattern, etc.)**

- What part of your "old self" do you find yourself returning to most often?**

- Where have you been more focused on behavior management than heart transformation?**

- What is one practical step you can take this week to pursue righteousness, faith, love, or peace?**

P R A Y

Lord, free me from me—help me release what’s empty, run from what pulls me back, and follow You into real life.

This week we pray for:

- Clarity — Ask God to reveal anything in your life that isn’t giving life, even if it’s hard to see.
- Courage to let go — Pray for strength to release what you know is pulling you away from Him.
- Strength to flee — Ask for awareness and discipline to create real distance from temptation.
- A soft, surrendered heart — Invite the Holy Spirit to lead you, not just inform you.
- Renewed focus — Ask God to help you fix your eyes on Jesus in the middle of everyday life.
- Freedom from striving — Pray to live from what Christ has done, not what you feel you need to prove.
- Sensitivity to the Spirit — Ask to recognize His voice, His nudges, and His direction throughout your day.