

## Freedom

Welcome to the first reflection from the Emmanuel prayer team.

Here are some ideas of how to use these reflections:

- Pray that God will lead your thoughts.
- Sit comfortably, take a few deep breaths and relax.
- Let your mind wander as you read the reflection. Write down your thoughts in a notebook. If you are busy try and pick out something to take with you in odd moments during the day.
- You may wish to memorise the memory verse. Write it out and stick it up somewhere.

### Bible Verses

Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom.

*2 Corinthians 3:17*

But God's word is not chained. *2 Timothy 2:9a*

### Reflection

In many ways we feel we have had our freedom taken away from us. You know how life has changed for you, as an individual or as a family. For some of us it has given us more time; for others, working from home and homeschooling with no grandparents to help has made life busier. (Not forgetting financial concerns.)



The picture above is a piece of pottery I made a while ago thinking about prisoners of conscience. The butterfly for me is a symbol of glorious freedom and transformation. Surrounding the butterfly is a chain. When glazing the piece it is impossible to have the rings move as the glaze when fired is sticky like glue. However, someone has tried to remove the chains and now it is broken. Do I see that as a loss? Not as I would wish it to look? Or ...?

Pray for those in prison physically or mentally.

Do you feel your freedom has been taken away or been given back to you?

Do you feel chained up? Why not make a paper chain and write on each piece how you feel chained up? Then slowly break the chain, taking one piece at a time and giving it to Jesus.

Thank God for all the freedom you still have.