

FOREWORD BY NEW YORK TIMES BESTSELLING AUTHOR
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WALKING
FREE

TAKING
SMALL STEPS
TO A BIG GOD

SMALL GROUP GUIDE

OVERVIEW

“Walking Free” was created and written to be a stand-alone read for one person or a resource for small groups. So, we’re really glad you have chosen the book for your small group. Here are some options for walking through the content together.

There are two methods to choose from in how to approach this as a group study:

1. Your group can agree to individually go through a step prior to the meeting. When you get together, each person will have carefully read the step, worked through the questions at the end, written down their answers, and be ready to discuss the content. This approach allows for the individuals to go through the book on his/her own, but then discuss, process, and talk about how to apply the content.
2. Your group could choose to read the day’s content aloud in the meeting and then use the questions at the end of the step for discussion. While the first method is best to thoroughly walk through the content, this approach could work for groups that have limited time together or some other restriction to preparation beforehand.

For either small group approach, allow ample time for prayer at the end of the time together.

We’ve also included in the following pages “Week Intros” that the leader or the entire group could use to introduce and set up the reading and discussion for each week.

WEEK ONE

Here are the steps we'll be taking this week as we walk toward freedom together.

There have been so many times in my life where I feel like my walk of faith with Jesus is constant baby steps. As a result, I often feel the need to try and control my life. From there, I can easily begin to grasp for the trinkets of this world. It's so easy to become complacent about the issues I am blind to and the circumstances around me that make me anxious. To learn to combat these toxic struggles, this next week, let's step out together and take bold steps toward the comfort of knowing God and the treasure He has in store for us. Let's practice belief in the adventurous moments that take place only in a redeemed life, free of the religious trappings we can be tempted to accept and believe.

Step 1	Baby Step	Bold Step
Step 2	Control	Comfort
Step 3	Trinket	Treasure
Step 4	Blindness	Belief
Step 5	Anxious	Adventurous
Step 6	Religious	Redeemed

The key words above, displayed in these steps, will be very important to our journey this week. So, let's take some big steps over the next seven days, as we walk together in the footsteps of Jesus.

WEEK TWO

Here are the steps we will be taking this week as we walk toward freedom together.

Even though following Jesus is always the right choice, it certainly doesn't make it easy. Sometimes we struggle with taking on the weight of trying to be responsible for our own sin that can then push us into hiding and make us feel pain because we have compromised ourselves. We have questions that create wondering or feelings of rebellion. But, this week we are going to walk the path that reminds us we have been reconciled to an authentic and honest Gospel. Even the smallest steps are progress that leads us to be covered by the goodness of God and grow us in wisdom as He rebrands our lives in His ways.

Step 8	Responsible	Reconciled
Step 9	Hiding	Honesty
Step 10	Pain	Progress
Step 11	Compromise	Covered
Step 12	Wondering	Wisdom
Step 13	Rebellious	Rebranded

The key words shown above are going to be very important to our journey this week. So, take a deep breath as we begin to take some big steps in the right direction into our second week. For the next seven days, as we begin this new leg of the journey together, we can know we'll be headed in the right direction.

WEEK THREE

Here are the steps we'll take this week as we walk toward freedom.

Now, well into our journey together, I hope you are feeling encouraged in your walk with Jesus. The enemy wants us to struggle with toxic and harmful feelings such as being a victim or we are crippled in our spirit. He wants us to stay conflicted and grasping onto earthly things as he tests us day by day, creating constant misery. The commitment to following Jesus calls us to step toward the good gifts of living in victory, being carried by Him, while staying connected to Him for eternity. With that testimony, believing for one step at a time, we will find His strength and power to live out our mission that He created us to experience.

Step 15	Victim	Victor
Step 16	Crippled	Carried
Step 17	Conflicted	Connected
Step 18	Earthly	Eternal
Step 19	Test	Testimony
Step 20	Misery	Mission

The key words shown above are going to be very important to our journey this week. So, take a deep breath as we begin to take some big steps in the right direction into our third week. For the next seven days, as we begin this new leg of the journey together, we can know we'll be headed in the right direction.

WEEK FOUR

Here are the steps we are taking this week as we walk toward freedom together.

As we're heading into the second half of our journey, we have to face what we may be holding onto, carrying things that God wants us to let go of, when we can cast all our cares on Him. We must face the illusion of safety in our comfort zones when God is calling us to sacrifice for His purposes. Are you tired of the reckless things and ready to pursue a relentless life of faith? Are you ready to get rid of the feeling of being useless and know your life has purpose and is useful to God and others? Do you long to end the roaming and know you are rooted? Ready to give up being a people-pleaser and become a peacemaker for Christ?

You can take bold and confident steps this week, knowing that you are growing, maturing, and becoming more like Jesus as you walk forward in freedom.

Step 22	Carry	Cast
Step 23	Safety	Sacrifice
Step 24	Reckless	Relentless
Step 25	Useless	Useful
Step 26	Roaming	Rooted
Step 27	People-pleaser	Peacemaker

The key words shown above are going to be very important to our journey this week. So, take a deep breath as we begin to take some big steps in the right direction into our fourth week. For the next seven days, as we begin this new leg of the journey together, we can know we'll be headed in the right direction.

WEEK FIVE

Here's the steps we are taking this week as we walk toward freedom together.

As we head into our fifth week, we aren't slowing down. In fact, we're going to dig a little deeper because we have to keep working to overcome the obstacles in our lives that work against our freedom in Christ. Struggles such as rules that we or others impose on us that Jesus has offered to set us free from through a relationship with Him. We all deal with feelings of selfish impulses when the goal is to be submissive to the Father's will. We can so easily chase the superficial things of this world when our lives are rooted in the supernatural work of God. The daily battle creates frustration instead of fulfillment and many days feel like we are stumbling instead of standing. My hope for you and me is that every single one of our messes become messages that God can use. So, let's go on week five and continue down this path together.

Step 29	Rules	Relationship
Step 30	Selfish	Submissive
Step 31	Superficial	Supernatural
Step 32	Frustration	Fulfillment
Step 33	Stumbling	Standing
Step 34	Mess	Message

The key words shown above are going to be very important to our journey this week. So, take a deep breath as we begin to take some big steps in the right direction into our fifth week. For the next seven days, as we begin this new leg of the journey together, we can know we'll be headed in the right direction.

WEEK SIX

Here's the steps we are taking this week as we walk toward freedom together.

For this sixth and final week, I want to invite you into some of my most personal feelings that I have made public—my songs. Whenever I sit down to write a song, alone or with other writers, I have two principles: First, every word I write (including the words of this book), my goal is to filter them through the Word of God. If I communicate anything outside of what God has said, then that is worthless as far as I'm concerned; Not worth you hearing and not worth me singing or speaking at all. My second principle is that I want my songs to serve as time capsules with me welcoming you into the things that God is teaching me at the time; those struggles He is walking me through; His truths I am seeking to obey in my journey of following Jesus.

WEEK SIX

Over the next week, as I share some deeply personal stories with you, we will explore the reality that there has Never Been a Moment when God has not loved us. He is the only One who can truly make us Different and will step into our darkest days to prove He is with us Even Then. But in the times when we can shout and celebrate with an Amen to the moments where we are begging God to show us that His mercies are New Today, my prayer is that you may say, "I See Grace." To always be reminded that For People Like Us, while we were still sinners, Christ died for us.

Step 36	Moments	Momentum
Step 37	Random Chance	Real Change
Step 38	Promise-maker	Promise-keeper
Step 39	Concealed	Consumed
Step 40	Merit	Mercy
Step 41	Grief	Grace
Step 42	Sinner	Saint

Besides my songs, as in the other five weeks, the key words shown above are going to be very important to our journey this week. So, take a deep breath as we begin to take some big steps in the right direction into our sixth and final week. For these last seven days, as we begin this new leg of the journey together, we can know we'll be headed in the right direction.