

# Breathe - Session One

Are you ready to find freedom through Sabbath? I hope so, because it's time to kick off *Breathe*!

Every week, in your *Breathe* book, you're going to find a "Big Idea" listed that we're going to focus on. This week's is:

*"The Sabbath Principle is the key to freedom."*

When I first read this, I thought, *"What in the world does Sabbath have to do with freedom?"* In our Verse of the Week, though, we're reminded and urged:

*"For freedom Christ has set us free; stand firm therefore, and do not submit again to a yoke of slavery." Galatians 5:1 (ESV)*

Guys, the topic of freedom is important to God. In fact, it's so important He sent His only Son to die so we can have it ([John 3:16](#); [John 10:10](#); [Romans 6:22](#)). I don't know about you, but that makes me want to learn how to *stand firm*, not *submit to slavery*, and what Sabbath has to do with that!

This week's study is not only going to help us understand what Sabbath has to do with freedom, but it's also going to help us begin to identify where and how we need to make changes in order to live in freedom. So let's get started!

**Adapted from P31**

<https://proverbs31.org/study/online-bible-studies/breathe/blog/2018/11/12/finding-freedom-through-sabbath-week-1>

## **Session One Homework:**

We're digging into the Week 1 section of our *Breathe* books (pages 8-35). If you'd like a suggested daily plan to follow, we've got you covered with our Week at a Glance resource.

### **Monday**

- Complete today's homework: pages 9-13 in your Breathe book and the Session 1
- Breathe video – 35 Minutes

### **Tuesday**

- Complete today's bookwork: pages 14-18 (stopping at "Perpetual Motion").

### **Wednesday**

- Complete today's bookwork: pages 18-23 (starting at "Perpetual Motion").

### **Thursday**

- Complete today's bookwork: pages 24-27.

### **Friday**

- Complete today's bookwork: pages 28-32.

### **For Your Weekend**

- Review and record your personal takeaways from the week on pages 33-35.