

No Bondage In Life or At Work

With insights from Jeff Bramstedt of SkyDive San Diego

Video Notes

Discussion Questions

1. What are your takeaways from this video? What impacted you the most?

Rick shared the definition for bondage: “The state of being severely constricted or restrained by obligations or circumstances.” He also cited the verse Galatians 5:1 which states, “*Stand fast therefore in the liberty by which Christ has made us free, and do not be entangled again with a yoke of bondage.*”

Bondage: *The state of being severely constricted or restrained by obligations or circumstances.*

Using the questions below, discuss the three types of bondage Rick discussed in the video: 1) head trash, 2) debt and 3) addiction.

Head Trash

Rick shares that we often battle with “head trash” – that silent voice in our head that is our worst critic and prevents us from living our life to our fullest.

- 1. What examples of head trash can you think of that might hinder a person’s ability to be fruitful in their work?**

- 2. In our roles as boss, peer and/or co-worker—how can we encourage others to flourish and get past any head trash that may be holding them back?**

- 3. Jeff Bramstetd shared how he was able to move from last place to first once excuses and perceived limits were removed. Can you think of a work project that might move forward by you, personally having a new mindset? By your team having a new mindset?**

Debt

Proverbs 22:7 *The rich rule over the poor, and the borrower is slave to the lender.*

- 1. Do you have any experiences to share on the impact extreme debt can have on a business or someone in the workplace?

- 2. What Biblical principles about debt might have helped minimize this impact?

Addictions

Psalm 146:7-8, *“He (the Lord) upholds the cause of the oppressed and gives food to the hungry. The Lord sets prisoners free, the Lord gives sight to the blind, the Lord lifts up those who are bowed down...”*

- 1. Rick mentioned a startling statistic from an article posted June 14, 2017 on Psychologytoday.com that states American businesses and organizations lose \$81 billion in lost profits yearly due to addictions. Do you have any experiences to share about how addictions have impacted a workplace of which you were a part? How effective was the way in which it was handled? How compassionate did it feel?

- 2. How might you handle a situation with an employee or co-worker that is viewing pornography at work, or challenged with another type of addiction? How might you show the love and grace of Christ in this situation?

Going Deeper

This section is an extension of the above materials and is designed for a deeper study/devotion on your own.

- 1. **When you think about bondage, in what ways do you find your life constricted or restrained? What bondage have you struggled with in the past? How would it feel to be free?**

Freedom from Bondage

Rick cited an “unconventional” approach to being free from bondage. Consider the questions that follow for each of these three steps: 1) change your worldview, 2) pray and fast and 3) be accountable.

- 1. **Change your worldview from bondage to freedom, from limited to unlimited mindset.**

- a. What in your personal life might be holding you back in your life *and* in your work? How would it feel to be free from this bondage or limited mindset?

- 2. **Utilize prayer and fasting, asking the Lord to move you into freedom from bondage.**

- a. **Pray.** James 5:16, *“The prayer of a righteous person is powerful and effective.”* Spend time in prayer and ask the lord to help you with specific areas you feel are holding you back. In addition, ask the Lord to reveal to you specific areas that He wants to move you into freedom. Journal the results of your prayer time.

- b. **Fast.** Isaiah 58:6, *“Is this not the fast which I choose, to loosen the bonds of wickedness, to undo the bands of the yoke, and to let the oppressed go free and break every yoke?”* Take time to fast as you submit your petition(s) to the Lord. Journal the result of this experience.

3. **Be accountable.** Ecclesiastes 4:9-10 says, *“Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up.”*

- a. Since we are all at risk of slipping into bondage of some form, who do you have as an accountability partner for those times of temptation? Who is in your life encouraging you to have an unlimited mindset and pursue excellence?

- b. Is there someone that comes to mind in your workplace that may need an encouragement to have an unlimited mindset, pursue excellence, and would like to have an accountability partner? Write their name below. Set a time to reach out to them.

Scripture Study

The Bible is the best resource that can be used to guide our personal and business lives in order to glorify God. In this segment, you are provided a scripture and then you are to meditate on it and describe *how you* will use it as a guide in your journey to be bondage free.

Romans 6:12-14: *“Therefore do not let sin reign in your mortal body so that you obey its evil desires. Do not offer any part of yourself to sin as an instrument of wickedness, but rather offer yourselves to God as those who have been brought from death to life; and offer every part of yourself to him as an instrument of righteousness. For sin shall no longer be your master, because you are not under the law, but under grace.”*

Romans 12:17: “But thanks be to God that, though you used to be slaves to sin, you have come to obey from your heart the pattern of teaching that has now claimed your allegiance.”

*Rick transparently shared that things from his upbringing had caused him to be constricted. He painted a picture God gave him, of being in prison, held with chains – but with a window of hope to freedom. It took prayer, fasting and professional counseling for those chains to fall to the ground and for him to realize freedom. **Unconventional Business Network is privileged to have a licensed counselor on staff as well as business counseling expertise to support the entrepreneurial community. Visit UnconventionalBusiness.org/contact to ask for prayer or counsel.***
