



# PERMISSION TO LIVE FREE

Living the Life God  
Created You For

**DR. JACKIE GREENE**

A PDF COMPANION TO THE AUDIOBOOK

*Permission to Live Free*

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ONE

## PERMISSION TO BE AUTHENTIC

### ===== Embrace Permission Exercise =====

1. When you look in the mirror, who do you see?
2. As you look back on your life, reflect on who you used to be when you were younger and less mature. How does she compare to who you are today?
3. This week, grab a notebook or a journal and spend some time writing and reflecting on your life. This may lead to a moment of celebration or an awareness of an area that the Father still desires to touch.



## TWO

### PERMISSION TO WAKE UP

#### == Embrace Permission Exercise ==

God is faithful to wake us up to what He has for us.

1. How has God woken you up? Was it a crash, like mine? Was it a season of transition? Was it a difficult challenge or loss you faced?
2. *Today*, what is God showing you about yourself?
3. What in this chapter helped you notice and connect with the way God is waking you up?



## THREE

# PERMISSION TO NOTICE WHERE YOU'RE STUCK

## UNDENIABLE IDENTITY AS GOD'S DAUGHTERS

- **Jesus was God's child, and you are God's child.** "He predestined us to adoption as sons and daughters through Jesus Christ to Himself, according to the good pleasure of His will." (Ephesians 1:5 NASB)
- **Jesus reflected God's image, and you reflect God's image.** "So God created mankind in his own image, in the image of God he created them; male and female he created them." (Genesis 1:27)
- **Jesus was an heir of the Father, and you are an heir of the Father.** "Now if we are children, then we are heirs—heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory." (Romans 8:17)

- **Jesus was God’s masterpiece, and you are God’s masterpiece.** “For we are God’s masterpiece.” (Ephesians 2:10 NLT)
- **Jesus was loved, and you are loved.** “For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.” (Romans 8:38–39)
- **Jesus reflected the Father, and you are being recreated to reflect the Father.** “You were taught . . . to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness.” (Ephesians 4:22–24)
- **Jesus was spiritually blessed by God, and you are spiritually blessed by God.** “Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ.” (Ephesians 1:3)

## == Embrace Permission Exercise ==

1. When you look at the lives of these five women, where do you see glimpses of your own life?  
Where do you hear echoes of your own heart?
2. In what ways, today, does your comfort interfere with your true identity?
3. In what ways, today, does fear interfere with your freedom?
4. In what ways, today, do the hurts from your past still have an enduring impact in your life?
5. In what ways, today, are you being bullied by your concern with the opinions of others?
6. In what ways, today, are you lacking support to be who you really are?



## FOUR

### PERMISSION TO RELEASE OLD WAYS OF LIVING

#### ===== Embrace Permission Exercise =====

Spend some time with the five signs of counterfeit living. They will become the answers to your prayers for change, as you are now able to give language to what you have been experiencing. It will help you navigate forward in the direction of freedom!

Where in my life does this sign of counterfeit living show itself?

- a. I fail to prioritize a vibrant personal relationship with God.
- b. I cling to the extras that fail to give me worth.

- c. I strive to please people rather than receiving the truth of who I am from God.
- d. I refuse to face the truth.
- e. I settle for "good enough."



## FIVE

# PERMISSION TO LIVE LOVED

## LIVE ROOTED IN LOVE

Since you are precious and honored in my sight, and because I love you, I will give people in exchange for you, nations in exchange for your life. (Isaiah 43:4)

Do everything in love. (1 Corinthians 16:14)

I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ. (Ephesians 3:16–18)

May the Lord direct your hearts into God's love and Christ's perseverance. (2 Thessalonians 3:5)

And over all these virtues put on love, which binds them all together in perfect unity. (Colossians 3:14)

And so we know and rely on the love God has for us. God is love. Whoever lives in love lives in God, and God in them. (1 John 4:16)

Let the morning bring me word of your unfailing love, for I have put my trust in you. (Psalm 143:8)

We love because he first loved us. (1 John 4:19)

Above all, love each other deeply, because love covers over a multitude of sins. (1 Peter 4:8)

My command is this: Love each other as I have loved you. (John 15:12)

No one has ever seen God; but if we love one another, God lives in us and his love is made complete in us. (1 John 4:12)

Place me like a seal over your heart, like a seal on your arm; for love is as strong as death, its jealousy unyielding as the grave. It burns like blazing fire, like a mighty flame. (Song of Songs 8:6)

However, as it is written: “What no eye has seen, what no ear has heard, and what no human mind has conceived”—the things God has prepared for those who love him.  
(1 Corinthians 2:9)

## == Embrace Permission Exercise ==

1. Ask God to help you notice anything that might be holding you back from living in the abundant love He has for you.
2. Who is the person in your life who did, or does, offer you unconditional love?
3. On a scale of 1 (difficult) to 10 (easy), how difficult or easy is it for you to believe and embrace the perfect love God has for you?
4. Write out the scripture or scriptures from this chapter that most clearly remind you of God’s love for you.



SIX

## PERMISSION TO GROW SPIRITUALLY

### ===== Embrace Permission Exercise =====

Notice the ways that you've utilized these four important tools before today:

- Prayer
- God's Word
- Obedience
- Faith

1. As you listen for God's voice welcoming you to grow in these four areas, what are you hearing?
2. What are practical ways that you can commit to these practices?

*Hint:* Start small. That is going to be the big win.



## SEVEN

# PERMISSION TO LIVE INTENTIONALLY

### == Embrace Permission Exercise ==

As you consider these three choices (authenticity, transparency, community) that support your commitment to live with permission, notice the areas in which you need to grow. Start by noticing where you might have weakness.

*Hint:* Being specific is going to be more useful than being vague. Listing examples will help you notice these areas today and remember them when you return to them.

- Ways that I'm not yet living with authenticity . . .
- Ways that I'm not yet living with transparency . . .
- Ways that I'm not yet embracing community . . .

Then choose one practical step you can take to live more freely:

- a. One way that I can live with more authenticity is . . .
- b. One way that I can live with more transparency is . . .
- c. One way that I can embrace community is . . .



## EIGHT

### PERMISSION TO STEP OUT IN FAITH

#### == Embrace Permission Exercise ==

1. As you talk with God, in what direction do you think He's calling you? (For instance, the big direction might be a call to serve, or to return to school, or to mend a relationship, etc.)
2. And as you listen to God, what is the *first* step He is calling you to take? Be specific about what that first step is and when you plan to accomplish it.



## NINE

# PERMISSION TO CONTINUE TO FLOURISH

### == Embrace Permission Exercise ==

Spend time in God's presence. Receive His love.  
Experience His affirmation. Notice His smile of delight.  
Enjoy His care.

Repeat tomorrow.

And the next day.

And the next.

## STATEMENT OF PERMISSION

**WHEN YOU WANT TO AFFIRM WHAT IS MOST TRUE ABOUT**  
*who God has made you to be, use this Statement of Permission to speak aloud, or transcribe in your journal, your identity as one uniquely created by God to live free. (Sign your name at the bottom as an act of agreement!)*

I was carefully designed by God to be exactly who He intended me to be. Because He is my Maker, I am worthy. He loves me simply because I am His.

While I was made for freedom, I fell into the bondage of sin and death. I've been wounded. I've cared too much about the opinions of others. And I've sinned. In these ways, I've failed to embrace the freedom that is my birthright. As a result, I've lived a counterfeit life, settling for less than God's best. I've behaved as if I'm less than, more than, or other than who He has made me to be. I accepted fear, comfort, trauma, people-pleasing, and unsupported living as normal.

But God has never stopped calling me into the life of freedom He meant for me to have from the beginning of the world. Moment by moment He is always inviting me to be the person He created me to be. God's Holy Spirit opens the eyes and ears of my heart to the ways in which I am bound. And because of those promptings, I will live a life of sustained freedom! I won't just start free; I will stay free! I will remain!

I belong to God, and I am His beloved. This is the truest thing about me and nothing can change this reality. Because I am fully received by God, I have permission from Him to be who He designed me to be.

I've come to understand that God can't heal what I hide, so I choose to live in truth daily.

I know that to remain in freedom, anything not planted by the Father must be pulled up by the roots, and I'm committed to allowing the Father to do this work daily in my heart.

I'm committed to letting God clothe me in the dressing room of prayer, to removing all unnecessary layers there.

The pillars that support me as I live freely are prayer, scripture, obedience, and faith. Grounded in these practices, I choose to live every day with authenticity, transparency, and in the bond of community. Moment by moment, I know that God loves me and He's with me!

As a woman who lives according to the permission that God has given, I have been set free and God sustains me day by day. He is taking me to new places and allowing me to experience life on new levels. And He is encouraging me to invite others into the permission journey and the reality of

His love for them. Free people, free people! I will forever wave high the banner of permission!

Now and forever, I am precisely and fully who God created me to be.

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(Name, Date)