



CHOOSE TO LIVE FREE! PODCAST

HOST: KATE A. COKER-DAISIE

48-WEEK FREEDOM TRACKER

"It is for freedom that Christ has set us free" Galatians 5:1

How to Use the Freedom Tracker

At the conclusion of each phase in our Book of Romans Freedom journey, carve out 10-30 minutes of silence. Review your notes, listen to your heart, and mark your progress. Be very honest; the truth (the facts and the Person) sets you free.

1

PHASE 1: FREEDOM FROM DENIAL (Weeks 1-10)

Focus: Freedom from the "Good Person" Trap.

- **The Baseline:** On a scale of 1-10, how much of my "peace" depends on me being "better" than others?
- **The Discovery:** What "truth" have I been suppressing to keep up appearances? (e.g., a hidden habit, a deep-seated anger, an intellectual pride).
- **The Shift:** "I am moving from Denial to Dependence."

2

PHASE 2: FREEDOM FROM PERFORMANCE (Weeks 11-16)

Focus: Freedom from the Religious Treadmill.

- **The Baseline:** Do I feel like I am "working for" God's love or "working from" God's love?
- **The Discovery:** Where did I try to "earn" a seat at the table this month?
- **The Shift:** "I am moving from Performance to Position (Justification)."



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PHASE 3: FREEDOM FROM SHAME (Weeks 17-20)

Focus: Freedom from Shame.

- **The Baseline:** When I sin, is my first instinct to hide from God or run to Him?
- **The Discovery:** What is the "sin that so easily entangles" me right now? Is my identity in the struggle or in the Savior?
- **The Shift:** "I am moving from Condemnation to Confession."

4

PHASE 4: FREEDOM FROM CONDEMNATION (Weeks 21-28)

Focus: Freedom from Fear of Judgment.

- **The Baseline:** How often do I live in the reality of "No Condemnation" (Romans 8:1)?
- **The Discovery:** What "Spirit" is trying to act as my master today?
- **The Shift:** "I am moving from Orphan to Adopted Heir."



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PHASE 5: FREEDOM FROM FEAR OF THE FUTURE (Weeks 29-36)

Focus: Freedom from the Weight of the World.

- **The Baseline:** When things go wrong, do I trust the "Potter," or do I trust myself?
- **The Discovery:** Which area of my future am I most afraid to leave in God's hands?
- **The Shift:** "I am moving from Anxiety to Authority (Trusting His Plan)."

6

PHASE 6: FREEDOM TO LOVE (Weeks 37-48)

Focus: Freedom to Love without an Agenda.

- **The Baseline:** Is my freedom making me more selfish or more sacrificial?
- **The Discovery:** Who is the "weak brother or sister" or "enemy" I am now free enough to love?
- **The Shift:** "I am moving from Self-Preservation to Self-Giving."



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THE JOURNEY-END REFLECTION

- The "Fear" I left at the beginning of the year:

- The "Freedom" I am walking in moving forward:

- My Romans 1:16 Anthem: "I am not ashamed of the Gospel, because it is.:



Congratulations! If you've reached this point, you haven't just completed a podcast series; you've completed a "renovation of the mind." But as any marathon runner will tell you, the hardest part isn't crossing the finish line—it's how you walk the day after. Maintaining the freedom you found in the Book of Romans isn't about starting a new "to-do" list; it's about staying anchored in the "Done" list of Jesus Christ.

How to Maintain Freedom:

1. Remind yourself that your "doing" is always a response to your "being."
2. Reply to every accusation of the enemy with the "Credentials" you learned in Episode 1: "I am a servant of Christ Jesus, called to belong to Him."
3. Refuse to let your "Good Days" make you feel more loved by God, and refusing to let your "Bad Days" make you feel less loved. Stay in the middle: the "Righteousness of God" (Romans 1:17)
4. Keep a strong group of "mutual encouragement" partners close. Never stop being "obligated" to love others (Romans 13:8).
5. Remember, God is the one who is "able to establish you" in the Gospel.