



Free as a...

Brainstorm ways to finish this sentence: Free as a _____ .

What words or phrases suggest freedom to you?

After writing down several ideas, choose your favorite and explain why you think it best expresses the idea of freedom. (For a small group activity, let participants brainstorm together and then select their favorite analogy to share with the other groups.)

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Are there some common sayings, such as “thinking outside of the box” which suggest a state of freedom to you?

The Heavenly Doctrine suggests several aspects of nature that picture freedom. Most of these illustrate how different things of creation respond to the Lord’s gifts of heat, light, water, air, and a habitat such as the ocean (see *True Christian Religion* 491).

Another passage in the Heavenly Doctrine compares nations with religious freedom to eagles which rise to whatever height they please and to deer with lofty horns that are free to roam “at perfect liberty” (*True Christian Religion* 815).

Do these comparisons help you reflect on what freedom involves?