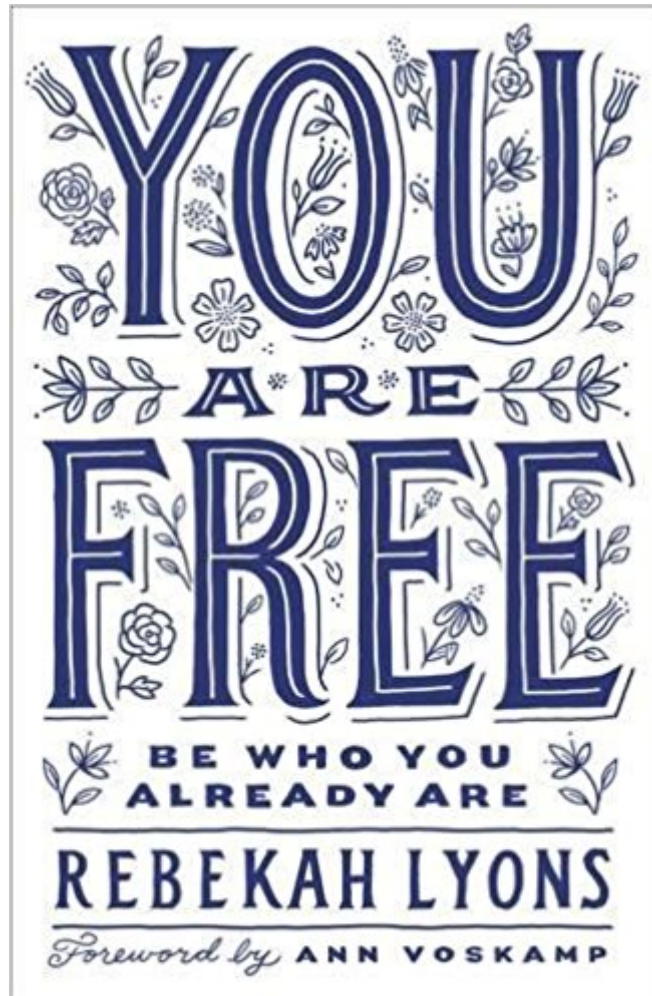


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# You Are Free: Be Who You Already Are



## Synopsis

Have you bought the lie? Many of us do. We measure our worth by what others think of us. We compare and strive, existing mostly for the approval of others. Pressure rises, anxiety creeps in and we hustle to keep up. Jesus whispers, I gave my life to set you free. I gave you purpose. I called you to live in freedom in that purpose. Yet we still hobble through life, afraid to confess all the ways we push against this truth, because we can't even believe it. We continue to grasp for the approval of anyone that will offer it: whether strangers, friends, or community. Christ doesn't say you can be or may be or will be free. He says you are free. **Are You Free?** Dare you believe it? In *You Are Free*, Rebekah invites you to: **Overcome** the exhaustion of trying to meet the expectations of others and rest in the joy God's freedom brings. **Release** stress, anxiety and worry, to uncover the peace that comes from abiding in His presence. **Find** permission to grieve past experiences, confess areas of brokenness, and receive strength in your journey towards healing. **Throw off** self-condemnation, burn superficial masks and step boldly into what our good God has for you. **Discover** the courage to begin again and use your newfound freedom to set others free. Freedom is for everyone who wants it—the lost, the wounded, and those weary from all of the striving. It's for those who gave up trying years ago. It's for those angry and hurt, brilliant and burnt by the Christian song and dance. You are the church, the people of God. You were meant to be free.

## Book Information

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## Customer Reviews

Rebekah and I have been friends for years. I’ve always been impressed with both the clarity of her message and the vulnerability and courage with which she delivers it. This book is no exception. It’s not the story of her life, it’s about what she’s learned watching Jesus invade her life. She doesn’t tell you what to do; she talks about who to trust. (BOB GOFF, author of *Love Does*) We consider Rebekah and Gabe to be a Godsend in our lives. Many times after sharing a warm-hearted meal, we leave inspired to take yet another step and deeper stride into our own stories of freedom. In reading Rebekah’s gracious and honest words, you will be inspired to take your own steps with him in freedom. May you find the sweet space where he tends to your heart, bringing life to places you can’t currently fathom. May he surprise you with each turn of the page. (CHRIS AND LAUREN TOMLIN, songwriter and worship leader) You Are Free sent me to my knees pleading with God to show me where I have missed the freedom he intended for me. It opened my eyes to places I was holding on to self, to doubt, to worry, and sent me in search of more intimacy and a deeper, fuller trust in him. Rebekah tells the truth about her journey as a child of God; a wife, mother, daughter, and friend. She invites us to a place where full reliance on him is the only way to truly be free. (KORIE ROBERTSON, *Duck Dynasty*) When we first met Rebekah, we felt known and loved immediately. That’s what reading *You Are Free* is like. Rebekah invites you to peek into her journey as she finds freedom in Christ and invites us to do the same. This book is an anthem for healing, freedom, and hope in your life. (JEFF AND ALYSSA BETHKE, authors of *Jesus > Religion and Spoken For*) Rebekah is a sister who fights for the freedom of others. We talked in the early stages of her dreaming about this message and I told her, “You have to write this.” The anthem of freedom isn’t for a distant future, but for here and now. This book declares, as long as there is a beat in our heart, we are called to be free. (CHRISTINE CAINE, founder of Propel Women & A21) The first time I met Rebekah, I left feeling nearer to Jesus, because I knew her intimacy with him could not be staged or put on. This book won’t leave you with a to-do list or an ache in your soul to improve, but simply an invitation from someone who lives free. You’ll be drawn to the foot of the cross, to worship outside the empty grave, and to embrace your freedom and the freedom of others. (JESS CONNOLLY, founder of the Influence Network and Amen Paper Company and author of *Wild and Free*) I wasn’t but a few pages in and wanted to shout for joy because of the power of this message. Rebekah opens up her life with refreshing authenticity and a deep commitment to Scripture. She brilliantly points out that true freedom is found when God is enough in our lives and when he has become our all. *You Are Free* is a call for every believer to experience the strength of God in our weakness, the beauty of God in our ashes, and the confidence of God in our insecurities.

(BANNING LIEBSCHER, Jesus Culture founder and pastor) My favorite teachers teach from the trenches. Rebekah has done the work and fought for her own freedom and now is fighting for ours. I have seen my friend cry tears for your freedom. Prepare to enjoy being fought for by God through these words. (JENNIE ALLEN, founder and visionary, IF:Gathering and author of Nothing to Prove) The freedom to be exactly who God created is something we all search for. With hope, beauty, and the expertise of a skillful guide, Rebekah takes us on a journey back to living each day in the joy of being our truest self. A truly remarkable book! (MIKE FOSTER, author of People of the Second Chance: A Guide to Bringing Life-Saving Love to the World) Scripture boldly declares, 'It is for freedom that Christ has set us free,' and yet many of us cannot hear clearly, let alone enter into this truth amid the clutter of our distractions, anxieties, sorrows, fatigue, regrets, loneliness, shame, and other freedom-inhibiting realities. After reading this book in a single sitting, I felt more known, more forgiven, more loved, and more hopeful in Jesus. (SCOTT SAULS, pastor of Christ Presbyterian Church in Nashville, Tennessee, and author of Jesus Outside the Lines and Befriend.) Rebekah displays freedom with candor, vulnerability, and truth; laying her heart bare on the page. If followers of Christ learned to speak, teach, live, and exude this freedom, I believe heaven would bend to earth in a way that we have yet to see. (ADAM AND DAWN TOYA THOMASON, historian and cultural anthropologists) You Are Free is an extraordinary book, a wonderful mix of heart, vulnerability, practical advice, and personal stories. Rebekah leaves you feeling like a friend who sat at the same table, asked the same questions, and found permission to truly be free. (HAVILAH CUNNINGTON, director of Moral Revolution and founder of Truth to Table)

Rebekah Lyons is the author of *Freefall to Fly: A Breathtaking Journey Toward a Life of Meaning* and Founder of Q Women. She is the mother of three, wife of one and a dog walker of two living in Nashville. Rebekah is an old soul with a contemporary, honest voice who puts a new face on the struggles women face as they seek to live a life of meaning. Through emotive writing and speaking, Rebekah reveals her own battles to overcome anxiety, depression, and consumer impulses - challenging women to discover and boldly pursue the calling God has for them. Alongside her husband, Gabe, Rebekah serves as cofounder of Q Ideas, a nonprofit organization that helps Christian leaders winsomely engage culture. Her favorite pastime is spent with her nose in a book and a discriminating cup of coffee in hand. Website: <http://rebekahlyons.com> Blog: <http://rebekahlyons.com>

The premise of this book is not "how to get free" it is

“how to embrace the freedom you already have.” God sent His Son Jesus Christ to die on the cross for our freedom, yet many Christians struggle to break free from the burdens and bondage of their past. Rebekah Lyons is not preaching from a pulpit, she’s raw and real and ready to walk alongside you as you learn to live in freedom. Her life is messy and complex and relatable. God helped to set her free from anxiety, the performance trap, and her expectations of the picture perfect life. And once she broke free, she discovered that freedom is worth sharing. Her writing style is very much like the cover of this book—clear and easy to understand with a few decorative flourishes. A few of my favorite quotes from the book are: The life of the believer hangs in the balance between the now and the not yet. God cares more about our presence than our performance. The secret to strength is weakness. Freedom is contagious. Freedom helps us set others free. This was the first book of Rebekah I have read. I enjoyed getting to know her through her writing and look forward to reading more of her work in the future. I would highly recommend this book to anyone who wants to understand the freedom that we have in Christ.

I cannot recommend this book highly enough. There are few books that I am willing to go out on a limb and say READ THIS BOOK. This is one. If you read it with an open heart and surrender—it will change your life. Not because it is filled with new information, but because it is filled with truth in love and challenging courage from a woman that very clearly sought the heart of our Father when she wrote these words. Her bravery is on display in these pages and she invites you to come alongside her in seeking the Lord in the journey to true freedom.

This is a game-changer....no matter where you are at in your walk I believe that there is freedom to be found in the pages of this book for anyone who reads it. The truth of Rebekah’s own walk in such honest and real life application is a breath of fresh air! I read this book in 3 sittings, only because I was required to tend to my family... read this book!!! Seriously would give it more stars if they’d allow it!

Such a powerful book. I couldn’t put it down. I found myself sitting on the front porch absorbing every word, stopping to cry when God moved my heart. The thought-provoking questions at the end of each chapter will take you to a deeper place of rest and stillness with God, hearing His voice and recognizing His amazing love for you. May this book bless you the same way it has me.

Empowering, healing, spiritually/mentally/emotionally uplifting. I'm going right back to the beginning & reading it again! This book is so packed with healing, I have to read it again & work through my freedom journey.

I met Rebekah when I went to see her and Ann Voskamp a few months ago. When she finished speaking I knew I needed to get her book. Since then, I've done the Bible Study that goes with it on Faithgateway, and have purchased it to use in the future with one of the classes I lead. Yes, you are free, really free. Praise God who sent Jesus to save us all and make us all free. If He has made you free, you are forever and always free.

This book just speaks to my heart. It's like chicken soup for one's soul with inspiration of faith, hope, love, grief, growth, surrender, overcoming fears, finding freedom and more. Almost to the end, I can't put it down. I thank the author Rebekah Lyons for writing such an incredible book. Definitely an inspirational, relatable read in your walk with God and your own personal development.

You Are Free takes the reader by the hand and encourages her to be still, and listen closely to the Truth. To answer the question, "What does freedom mean to me?" The road to freedom often involves the way of the wilderness. A place that aches with loneliness and fear as we wander...and wonder. But God. | He sees and He always acts with a glorious end-in-mind. This means we can rest, and be who we already are, in Christ. "There is nothing beyond the power of the Cross and Resurrection." So, what does freedom mean to me? He is Enough. | And that means I am free to just be me...in spite of my weakness. He hears me. He knows me. He loves me, just as I am. Rebekah's tender and truthful words, woven with her own beautifully broken journey, are breathing brave into mine. And I know they will do the same for you. After all, "It's not your story of struggle, it's His story of rescue."

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