Most Christians assert that we do have free will.

I agree ... but not for the same reason they believe.

They believe because it is the only way they can absolve their God of the responsibility for evil, and place it on humans. They must ignore the fact that God even confessed, in His autobiography, that He created evil.

If their God knows the future, as most Christians claim, then it is impossible for free will to exist. So their claim of believing in free will is contradicted by their claim that God knows the future. That is just one example of the cognitive dissonance required of the religious mind.

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I believe we exercise free will because it explains the observable facts.

Example: I feel hungry. I see an apple and a candy bar. Both look good. But I can only have one. My mind wavers back and forth, until finally, I choose the ... and then reach for it.

The alternative explanation is Determinism. While many things in our Universe are deterministic ... many are not. If we lived in a completely determinisitc Universe then there could be no free will. On the other hand, if there are any non-deterministic processes, then we don't live in a completely deterministic Universe, which thus, allows for the possibility of free will. Evidence from quantum physics, and other fields, support that last position.

Some Atheists assert that we don't have free will.

I don't agree.

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