

Break Free



Break Free

Finding Freedom in Christ

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Todd Hudnall and Jack Shultz
Radiant Church
Colorado Springs, CO
radiantchurch.org



radiantCHURCH

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Unless otherwise noted, all Scripture citations are from
The Holy Bible, New King James Version
(Nashville: Thomas Nelson, 1982).

The background of the entire page is a photograph of a group of people running through a desert landscape. The scene is filled with Joshua trees and the runners are in various stages of their stride, suggesting a sense of movement and freedom. The lighting is soft, and the overall tone is one of hope and liberation.

The *Break Free* project is designed to provide a fresh encounter with God that will elevate you into a life of greater freedom and fullness in Christ. The project involves 5 elements that combine to provide a refining, renewing and liberating experience.

1 *Break Free* MESSAGE SERIES

Jesus came to bring freedom to each of us but most of us don't live in the liberty Christ intended. The Break Free message series is designed to bring freedom to each of us in our personal life, in our relationships with others and in every area of our lives. If you have to miss a weekly message, be sure to visit radiantchurch.org/breakfree.

2 *Break Free* CONNECT GROUPS

The greatest freedom comes by working through these critical issues in community with others. Each week, connect groups will discuss the Break Free messages, sharing personal experiences and praying for one another.

3 *Break Free* STUDY GUIDE

The study guide contains weekly personal studies that correlate with the Break Free teaching series. These lessons help you dig into the Scripture to discover for yourself how to break free from the things that hinder your walk with Christ. The study guide also contains other informative and useful materials to guide you through the Break Free process and prepare for the Encounter Weekend.

4 *Break Free* DAILY DEVOTIONS

Make a daily appointment with God to interact with Him through the Scripture. In the study guide you'll find five days of weekly reading from pertinent Bible passages. Each week also includes a Scripture memory verse.

5 *Break Free* ENCOUNTER WEEKEND

All the Break Free elements come together in the Encounter Weekend to create a life-changing experience. This power-packed weekend is an opportunity for people to have a personal encounter with the Holy Spirit – a chance for people who have been struggling in some area of their lives to finally and totally break free.

To fully benefit from the Break Free experience, we recommend you participate in each of the five elements. It will require a personal commitment from you, but the results will be worth it.

Prepare to break free!

how to use this STUDY GUIDE

The study guide is an essential tool for everyone who is going through the *Break Free* experience. It is designed to be a benefit to you, not a burden; so approach your homework assignments as an opportunity, not an obligation.

The study guide is broken into **two sections**. The first is focused on the *Break Free* messages; the second on the *Break Free* process.

SECTION ONE contains personal studies that correspond to each of the weekly *Break Free* messages. Each week's assignment has two parts, and here's how it works:

1 the weekly written lesson – After you've viewed or listened to each teaching, turn to the lesson that corresponds to that message. Have your Bible handy to look up some of the key scriptures. After you've completed the written portion of the lesson, spend some time on the memory verse that is provided for this lesson. It takes less than a half-hour to complete each written lesson.

2 specially-selected Bible passages for daily devotions – After you've completed the written lesson for the week, set aside some time for a daily appointment with God (DAWG). Brief Bible passages related to that week's teaching are provided for five of the seven days within this week. Detailed suggestions for how to maximize this time with God are provided on the following page.

SECTION TWO contains additional background and teaching on some of the core concepts within *Break Free*. This information is provided to help you understand the process of breaking free and prepare for the life-changing experience that awaits you during the Encounter Weekend. It also deals with what you need to do to stay free after the *Break Free* experience.

The material in **SECTION TWO** is designed for you to **go through at your own pace**. Some of it will be highlighted during small group meetings as an adjunct to discussions on the message series. This material provides a vital link between the teaching series and the *Encounter Weekend*.

advantage of community

Viewing or listening to the **Break Free** messages and completing the **study guide** are the key requirements for participating in the Encounter Weekend, and people can do this on their own. However, the *Break Free* experience is greatly **enhanced by participating in the connect groups** that will be offered each week. These meetings will include group discussions of each message, along with sharing of personal experiences and praying for one another. These groups are a great way to develop and deepen personal relationships within the body of Christ.

having A DAILY APPOINTMENT WITH GOD

At the end of each weekly lesson in the study guide, brief Bible passages are provided as a focal point for daily devotional times – what we refer to as a daily appointment with God.


In our normal lives, we are used to making appointments for things that are important to us. Appointments enable us to set aside time for things that matter – and to make sure we show up. Many of us desire to spend time alone with God but just never get around to it. Putting it on our calendar helps us translate our good intentions into actions.


Here are some suggestions for scheduling and structuring your personal and private meetings with God. These are based on a system developed by The Navigators, a worldwide Christian discipleship ministry based in Colorado Springs.


First, you need to develop a strategy for your appointments with God. This involves three elements – a time, a place and a plan:

- **A realistic and consistent time** during the day when you can be alone with God.
- **A place** where you can meet with God privately, regularly and without distractions.
- **A simple plan** that will allow effective and consistent dialogue between you and God – based on interaction with His written word, the Bible, and with the Lord Himself.

Once you get to your meeting with God, here are four steps to facilitating your dialogue with God, using the Bible passages for the day in your *Break Free* study guide:

 **read** the passage a few times, meeting with God in the text.
Let Him speak to you through the Scripture.

 **record** in a journal or notebook what you believe this passage is actually saying to you.
You may wish to paraphrase the passage.

 **reflect** on what God is saying to you from what you've recorded.
What does this passage mean for you today?

 **respond** to what God is saying. After having written out what the Lord has said to you about the passage, write out how you believe He wants you to respond. Is there a sin to avoid, a promise to claim, an example to follow, a command to obey or a truth to believe?

Break Free

SECTION ONE

Break Free message series

- lesson one: **free in CHRIST** - page 7
- lesson two: **truth ENCOUNTER** - page 11
- lesson three: **let GO** - page 15
- lesson four: **supernatural** - page 19
- lesson five: **mental WAR** - page 25
- lesson six: **new IDENTITY** - page 29
- lesson seven: **approval ADDICTION** - page 33
- lesson eight: **free from your PAST** - page 37
- lesson nine: **free from GUILT** - page 41
- lesson ten: **free from BITTERNESS** - page 45
- lesson eleven: **free from ANGER** - page 49
- lesson twelve : **free from FEAR & WORRY** - page 53
- lesson thirteen: **free from DEPRESSION** - page 57
- lesson fourteen: **free from ADDICTION** - page 61

Answer Key for personal studies - page 65

SECTION TWO

the Break Free process

- About the **journey** - page 68
- God's provision for healing the **whole person** - page 69
- The reality of the **spirit realm** - page 70
- Understanding **how we are made** - page 71
- Understanding **spiritual strongholds** - page 72
- Doorways **the enemy uses** - page 73
- The pathway to **bondage** - page 74
- The pathway to **freedom** - page 75
- Generational **healing** - page 77
- Preparing to **break free** - page 83
- Staying Free - page 93



section one

Break Free

MESSAGE SERIES



read.



record.



reflect.



respond.

Break Free

- lesson one:** free in **CHRIST** - pg 7
commit to memory: John 8:36 "Therefore if the Son makes you free, you shall be free indeed."
- lesson two:** truth **ENCOUNTER** - pg 11
commit to memory: John 8:31b-32 "If you abide in My word, you are My disciples indeed. And you shall know the truth, and the truth shall make you free."
- lesson three:** let **GO** - pg 15
commit to memory: Proverbs 3:5-6 Trust in the LORD with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He shall direct your paths.
- lesson four:** supernatural - pg 19
commit to memory: Galatians 5:16 "Walk in the Spirit, and you shall not fulfill the lust of the flesh."
- lesson five:** mental **WAR** - pg 25
commit to memory: Rom. 12:2 And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.
- lesson six:** new **IDENTITY** - pg 29
commit to memory: Eph. 4:1 "I, therefore, the prisoner of the Lord, beseech you to walk worthy of the calling with which you were called."
- lesson seven:** approval **ADDICTION** - pg 33
commit to memory: Rom. 5:1 Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ.
- lesson eight:** free from your **PAST** - pg 37
commit to memory: Philippians 3:13-14 "Brethren, I do not count myself to have apprehended; but one thing I do, forgetting those things which are behind and reaching forward to those things which are ahead, I press toward the goal for the prize of the upward call of God in Christ Jesus."

- lesson nine:** free from **GUILT** - pg 41
commit to memory: Rom. 8:1 There is therefore now no condemnation to those who are in Christ Jesus...
- lesson ten:** free from **BITTERNESS** - pg 45
commit to memory: Eph. 4:32 And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you.
- lesson eleven:** free from **ANGER** - pg 49
commit to memory: Matt. 5:44 But I say to you, love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you.
- lesson twelve:** free from **FEAR & WORRY** - pg 53
commit to memory: Philippians 4:6-7 Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.
- lesson thirteen:** free from **DEPRESSION** - pg 57
commit to memory: Jeremiah 29:11 For I know the thoughts that I think toward you, says the LORD, thoughts of peace and not of evil, to give you a future and a hope.
- lesson fourteen:** free from **ADDICTION** - pg 61
commit to memory: James 5:16 Confess your trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much.

free in *Christ*



read.



record.



reflect.



respond.

God's Will is Freedom



Webster's Dictionary defines freedom as **liberation from slavery; the quality or state of being exempt or released from something onerous.**

Psalm 146:7b says, "The LORD gives freedom to the prisoners."

1 If you were totally free in every area of your life, what do you think that would look and feel like? _____

2 Is there anything that sometimes keeps you in an emotional or spiritual prison? If so, write out the names of anything in your life that keeps you from experiencing true freedom.



3 Read **John 8:36**. Who is the source of experiencing freedom? _____

4 In **Galatians 5:1**, who is the source of our experiencing freedom?

5 Read **Luke 4:18**. The words “liberty” and “freedom” are synonymous terms. In this verse, what are the five actions the Spirit of the Lord anointed Jesus to do?


- To preach the Gospel to the _____
- To heal the _____
- To proclaim freedom to the _____
- To proclaim recovery of sight to the _____
- To bring freedom to those who are _____


6 Read **2 Corinthians 3:17**. When God’s Spirit is given Lordship in people’s lives, what do they experience? _____


7 Read **Isaiah 57:18-19**. What does God tell us in these verses? _____




John 8:36
**“Therefore if
the Son makes
you free, you
shall be free
indeed.”**


 **read** the passage a few times, meeting with God in the text. Let Him speak to you through the Scripture.

 **record** in a journal or notebook what you believe this passage is actually saying. You may wish to paraphrase the passage.

 **reflect** on what God is saying to you from what you've recorded. What does this passage mean for you today?


 **respond** to what God is saying. After having written out what the Lord has said to you about the passage, write out how you believe He wants you to respond. Is there a sin to avoid, a promise to claim, an example to follow, a command to obey or truth to believe?

8 Read **Luke 11:9-13**. What does this Scripture tell us about God's desire to answer our prayers for freedom?

 Write out a prayer asking God to bring you into a life of freedom. Specifically name the areas where you need to be set free.

9 Read **John 8:31-36** and **Romans 6:22-23**.

The first step to total freedom is receiving Jesus Christ as your Lord and Savior. If you have not yet received Christ, please read Romans 3:23, Romans 6:23 and Romans 10:9-10. Salvation is a free gift based on what Jesus has done, not what you do.

 **If you desire to receive Jesus as your Savior and Lord, write out a prayer of commitment of your life to Jesus Christ.**

Should you have other questions or like assistance in your new walk with Christ, please feel free to call Radiant Church at 719-597-4402 or email us at info@radiantchurch.org.

truth *encounter*



read.



record.



reflect.



respond.

God's Will is Truth

1 Read **Genesis 3:1-7**. In **Genesis 3:5** we see that the serpent promised Adam and Eve that if they rejected God's wisdom and disobeyed Him they would be like _____.
This is called original sin.

Read **Revelation 20:2**. Who was the serpent? _____

2 Read **John 8:44**. Who is the father of lies? _____

3 Read **Romans 1:20-25**. Speaking of original sin, **Romans 1:25** tells us mankind has exchanged the truth of God for the _____.



The lie could be stated as, "Mankind, independent of God, would be like God."
God is able to meet His own needs and be self-sufficient. If we're to be like God, we wrongly believe we should be able to meet our own needs and be self-sufficient.
This lie is the foundation of false beliefs in our lives.

4 Read **Jeremiah 2:13**. This verse tells us man has committed two different evils.

First, we have _____ God, the only one who can satisfy our needs.
Second, we have tried to meet our own needs.

Our rejection of God and our attempts to meet our own needs in our own way is a result of believing this lie.

**We must be confronted by the truth,
to rid ourselves of this false belief.**

5 Read **2 Thessalonians 2:10-11**. What did those perishing reject and what did they believe?



6 From the Bible translation you normally use, read **John 8:31-32**.

John 8:31-32 (Amplified)

So Jesus said to those Jews who had believed in Him, If you abide in My word [hold fast to My teachings and live in accordance with them], you are truly My disciples. And you will know the Truth, and the Truth will set you free.

7 What tool does God use to bring us into freedom?





John 8:31-32
“If you abide in My word, you are My disciples indeed. And you shall know the truth, and the truth shall make you free.”


WHENEVER WE ARE CONFRONTED BY THE LIE AND FALSE BELIEFS, WE OVERCOME THEM THROUGH GOD’S TRUTH. KNOWING THE TRUTH WILL SET US FREE FROM THE LIE AND BRING FREEDOM TO OUR LIVES.


8 According to **John 17:17**, where is truth found?

9 According to **Joshua 1:8** and **Deuteronomy 11:18-20, 26-28** what priority should God’s Word have in our lives?


 **read** the passage a few times, meeting with God in the text. Let Him speak to you through the Scripture.


 **record** in a journal or notebook what you believe this passage is actually saying. You may wish to paraphrase the passage.

 **reflect** on what God is saying to you from what you've recorded. What does this passage mean for you today?

 **respond** to what God is saying. After having written out what the Lord has said to you about the passage, write out how you believe He wants you to respond. Is there a sin to avoid, a promise to claim, an example to follow, a command to obey or truth to believe?

T0 Based on your knowledge of Scripture, what are some false beliefs you've had that have kept you from experiencing freedom? _____

 Write out a prayer asking God to reveal His truth to you and to remove false beliefs from your life. _____

 **I make a commitment** to give God's Word first priority in my life. I will devote myself to God's Word and apply its truth to my life. I will endeavor to believe the truth of God's Word, rather than the lie and false beliefs.

Signature: _____

Date: _____



let go

Let God Take Control



The lie we believe is that we, independent of God, shall be like God. So, being like God, we believe we should be in control of our lives. The truth is, we will only know freedom when we surrender our lives to Christ and give Him control.



1 Write out **Romans 10:9**. _____

According to this verse, conversion requires professing that Jesus is Lord. What does it mean to you that Jesus is Lord? _____

2 Read **Exodus 20:2-3**. _____

a. What does it mean to have no other gods before the Lord? _____

b. What are some things that can become gods in people's lives? _____

c. What things do you have the greatest tendency to make a god in your life? _____

3 Read **Luke 16:13, Habakkuk 2:18, Psalm 115:4-8**.

Read **Psalm 115:8 (GN)** "Those who make idols will become like them, and so will those who trust in them."

Read **Jeremiah 2:5 (NIV)** "They followed worthless idols and became worthless themselves."

Why does God want us to have no other gods before Him?

4 Read **Psalm 24:1**. What does this verse tell us? _____

5 Read **Isaiah 43:1**. What does this verse tell us? _____

6 Read **2 Corinthians 5:15**. What does this verse tell us? _____

7 Read **Romans 12:1** (MES). "So here's what I want you to do, God helping you: Take your everyday, ordinary life— your sleeping, eating, going-to-work, and walking-around life— and place it before God as an offering."

According to this verse, what part of our lives are we to offer to God?

8 Read **Proverbs 3:5-6**. What does this verse tell us about trusting the Lord? _____

9 Read **Luke 6:46**. If Jesus is our Lord what are we required to do? _____

10 Read **Luke 14:33**. What does this verse tell us? _____


11 Read **Philippians 1:21**. Who should be the center of our lives? _____


12 Are there any reasons why you would refuse to transfer control of your life to Jesus Christ?





Proverbs 3:5-6

**Trust in the LORD with
all your heart, and
lean not on your
own understanding;
in all your ways
acknowledge Him,
and He shall direct
your paths.**

 **read** the passage a few times, meeting with God in the text. Let Him speak to you through the Scripture.


 **record** in a journal or notebook what you believe this passage is actually saying. You may wish to paraphrase the passage.

 **reflect** on what God is saying to you from what you've recorded. What does this passage mean for you today?


 **respond** to what God is saying. After having written out what the Lord has said to you about the passage, write out how you believe He wants you to respond. Is there a sin to avoid, a promise to claim, an example to follow, a command to obey or truth to believe?

All of your reasons for not being willing to transfer control can be traced to the lie, that you, independent of God, are to be like God. Like Adam and Eve, you do not believe God has your best in mind.

13 Read **Galatians 2:20**. When you surrendered to Christ, you died to controlling your life and meeting all of your own needs. How is your life now to be lived? _____

 Unless you surrender control of your life to Christ, you will be unable to experience a life of total freedom. Are there any particular areas in your life where God is asking you to trust Him and to specifically surrender to Him? What is that item or area (or those items or areas)? Those are the areas that tend to become idols. _____

If you are ready to fully trust Christ and transfer control of your life to Him, write out a prayer that reflects your heart commitment. _____

 **I commit** to worship the One True God and have no other gods in my life. Jesus Christ is my Lord and He is the center of my life. I surrender control of every area of my life (hopes, dreams, goals, possessions, interests, relationships and time) to Almighty God, and will endeavor to obey Him in all things.

Signature: _____

Date: _____

supernatural

Understanding Your Triune Nature



1 Read **1 Thessalonians 5:23**.

According to this verse, what are the three parts that make up your whole person?

1. _____ 2. _____ 3. _____

We are a spirit, we have a soul, and we live in a body. Our soul is the seat of our mind (intellect), will (volition) and emotions (feelings).

2 Read each of the following verses and notice the use of these terms.

Read **Hebrews 4:12**. In this verse, there is a differentiation made between a person's _____ and _____.

Read **Daniel 7:15**. In this verse, Daniel's _____ was grieved. It is described as being in his _____, and he had a vision in his head, which represents the _____.

Read **Matthew 26:41**. Jesus tells his disciples their _____ is willing but their flesh, which represents the _____, is weak.

Our spirit is the real person, which is redeemed at salvation, is born again

(2 Corinthians 5:17), complete in Christ (Colossians 2:10), and fully sanctified

(1 Corinthians 6:11) at the time of our conversion.

3 Read **Romans 8:16**. This verse tells us God communicates to us in our _____.

4 Read **James 1:21**. What does this verse tell us about the salvation of the soul? _____

5 Read **Romans 12:1-2**. How does the soul (mind) come in line with the spirit? _____

6 The Bible does not teach stoicism or emotional indifference. Jesus felt and expressed emotions. Jesus experienced: _____ and _____ (Matthew 26:37; Mark 14:34; Luke 12:50)

_____ (Mark 3:5) _____ (Luke 7:13)

_____ (Luke 10:21) _____ (Luke 19:41; John 11:35)

7 Our bodies are the earthly physical houses in which our spirits and souls reside.

If our bodies stop functioning, we leave this life.

Read **2 Corinthians 5:1** and **2 Peter 1:13**. In these verses what terms do Peter and Paul use to describe the body?

Read **2 Corinthians 5:6**. According to this verse, what happens to your spirit and soul when you leave your body?

8 Our bodies are not evil and must be cared for and maintained (Ephesians 5:28-29). Yet, they are the seat of the flesh (Romans 7:22-25). The flesh is the desire to live our lives independent of God and focused on ourselves (Galatians 5:17).


Read **Romans 6:12-13**. These verses tell us we should not let _____ reign in our bodies. Our bodies are great servants but horrible masters.

Read **Romans 8:23**. We've learned our _____ was redeemed when we were converted, our _____ is being redeemed by the renewing of our mind, and our _____ will be redeemed at the return of Christ.

9 God wants to bring our entire person into alignment with Him. Our spirit is to be under the control of the Holy Spirit. As our spirit comes in alignment with God at salvation, the Lord wants our soul and our body also to line up with God's will. When we are walking in alignment, the Bible refers to it as "walking in the Spirit."

Read **Romans 8:9** and **1 Corinthians 6:19**. The _____ lives in us. As our whole being is fully yielded to Him, we walk in the Spirit.

Read **Galatians 5:25** "If we live in the Spirit, let us also walk in the Spirit" and **Galatians 5:16** "I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh."

 The term walk contains the idea of relationship (Genesis 5:24). We are to walk in close relationship with the Lord, alive to God (Ephesians 2:1) in our spirit, listening to His inner voice in our spirit (John 10:4; Romans 8:14, 16), keeping our focus on Jesus (Hebrews 12:2-3, Colossians 3:2), renewing our mind with God's Word (Romans 12:1-2), and disciplining our bodies to be subject to the Spirit (1 Corinthians 9:27). As we walk in this alignment, we will not fulfill the _____ of the flesh.



Galatians 5:16
"Walk in the Spirit, and you shall not fulfill the lust of the flesh."

10 We come into alignment and begin walking in the Spirit through repentance. Repentance is changing your mind about the direction you are going. It is turning from sin and turning to God. It is a death to your self and your selfish desires to follow the Spirit's desire.

a. Read **2 Corinthians 7:10**. Repentance is not simply feeling _____ for the consequences of your decisions.

b. Read **Psalms 51:4**. Repentance is acknowledging your sin before _____.

c. Read **1 Corinthians 15:31**. Repentance is the constant act of turning from your way to God's way. Because of that you die _____.

11 Read **Galatians 5:16-21**. When you are walking in the Spirit you will not commit:

_____, _____, _____, _____, _____,
_____, _____, _____, _____, _____,
of _____, _____, _____,
_____, _____, _____, _____,
_____, and the like.

12 Read **Galatians 5:22-23**. When you walk in the Spirit you will produce the fruit of:

_____, _____, _____, _____, _____,
_____, _____, _____ & _____



13 Read **John 15:4-5**. In these verses we learn:

a. Jesus is the _____

b. You are the _____

c. Just as a branch is unable to produce fruit apart from the vine, you are unable to produce true spiritual fruit apart from _____.

d. Does a branch ever outgrow its need for the vine? _____

In the same way, you never outgrow your need for Jesus.



14 Read **Philippians 4:13**. In this verse we learn:

a. I can do _____

b. Through _____

c. Who _____ me

15 We are unable to accomplish total freedom and to walk in the Spirit in our own strength, but Christ can enable us. Read the following verses about discovering God's strength in our weakness.

a. Read **Isaiah 40:28-31**. Those who are weak and weary but wait upon the Lord _____ their _____.

b. Read **2 Corinthians 12:7-10**. Paul found when his own ability was weak, Christ made Him _____.

16 Living beyond our ability is possible through placing our faith in what Christ has done and will do in and through us. Read the following Scriptures on faith and what they say about resting in what Christ has done and God has said.

Read **Hebrews 12:1-2**. Jesus is the _____ and _____ of our faith.

Our faith originates in Him.

Read **Acts 3:16**. The faith we have comes through _____. Our faith is not based on our ability to produce faith, but in His faithfulness.

Read **Galatians 2:20**. Living from the life of Christ is accomplished by _____ in the Son of God. Our faith is in the character and nature of Jesus Christ.


Read **Romans 10:17**. Faith comes by _____, and hearing by the Word of God. Our faith is in what God has spoken to us.


BASED ON GOD'S CHARACTER AND NATURE, WE CAN REST IN WHAT GOD HAS SAID INDEPENDENT OF OUR CURRENT CIRCUMSTANCES OR FEELINGS. FAITH RESPONDS TO WHAT GOD HAS SAID, BASED ON WHO GOD IS.


17 Regardless of what you are feeling or what your current circumstances indicate, we need to believe what God has said about Himself. Read the following Scriptures and trust God's Word.


Read **Psalms 23:1 & 27:1**. Who is the Lord to you and how should you respond? _____

Read **Psalms 28:7**. Who is the Lord to you and how should you respond? _____

 **read** the passage a few times, meeting with God in the text. Let Him speak to you through the Scripture.

 **record** in a journal or notebook what you believe this passage is actually saying. You may wish to paraphrase the passage.


 **reflect** on what God is saying to you from what you've recorded. What does this passage mean for you today?


 **respond** to what God is saying. After having written out what the Lord has said to you about the passage, write out how you believe He wants you to respond. Is there a sin to avoid, a promise to claim, an example to follow, a command to obey or truth to believe?

18 Regardless of what you are feeling or what your current circumstances indicate, you need to believe what God has said about His work in you. Read the following Scriptures and trust God's Word.

Read **Philippians 4:13**. What does this verse say about your ability to accomplish what God has called you to be and do?

Read **1 John 4:4**. When it feels like the world has you defeated, what does God say about you because of your relationship with Him? _____

 **We experience God's ability at work in us - and total freedom in Christ - when we live a life surrendered to God, with Christ at the center of our life, living in the truth and walking in close relationship with Him. Our soul is the hinging point and the battlefield where we learn to walk in the Spirit.**

 **I make a commitment** to walk in the Spirit. I will devote myself to walking in close relationship to the Lord, depending on Him, listening to His voice, keeping my focus on Jesus, renewing my mind to His Word and keeping my body subject to His Spirit. I will admit my weakness and trust Christ to be my strength to live out the Scripture.

I make a commitment to trust God's Word. I will admit my weaknesses and trust Christ to be my strength to live out the Scripture.

Signature: _____

Date: _____

mental *war*



read.



record.



reflect.



respond.

The Renewing of Our Mind



1 Read **Romans 12:1-2**. In these verses, we are instructed to:

- a. Present our _____ to God.
- b. Do not be _____ to this world.
- c. Be transformed by _____ your mind to God's Word.

2 Read **Proverbs 4:23**. What are you to do with your heart? _____

THE NIV SAYS "GUARD YOUR HEART."

WHAT WE ALLOW TO BE FED INTO OUR MIND WILL HAVE A SIGNIFICANT AFFECT ON US. WE NEED TO GUARD WHAT WE SEE, HEAR AND DWELL ON.

3 Read **Proverbs 23:7**. According to this verse, we become what we _____ about.

4 Read **Romans 8:5**. When your mind is on the flesh, you live according to the _____.
When your mind is on the spirit, you live according to the _____.

5 Read **2 Corinthians 10:3-5** and **Colossians 3:2**. Is it possible to control our thoughts?



6 Read **Philippians 4:8**. What are we to think (meditate) on? _____

7 Read **Matthew 12:34**. What do your thoughts become?

8 Read **Proverbs 18:21**. What does this Scripture tell us about the power of our words? _____


9 Read **James 1:22-25**. What does this passage tell us? _____


10 Read the Parable of **Matthew 7:24-27**. What observations do you make from this passage?





Romans 12:2

And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.

 **read** the passage a few times, meeting with God in the text. Let Him speak to you through the Scripture.

 **record** in a journal or notebook what you believe this passage is actually saying. You may wish to paraphrase the passage.

 **reflect** on what God is saying to you from what you've recorded. What does this passage mean for you today?

 **respond** to what God is saying. After having written out what the Lord has said to you about the passage, write out how you believe He wants you to respond. Is there a sin to avoid, a promise to claim, an example to follow, a command to obey or truth to believe?

Our beliefs influence our thoughts, our thoughts influence our emotions and our emotions influence our actions. You can trace your actions back to your emotions, your emotions to your thoughts, and your thoughts to your beliefs. As such, to walk in freedom we must expose false beliefs and replace them with the truth of Scripture.



The process is:

- Identify your false beliefs
- Counter them with the truth of God's Word
- Choose to set your mind (meditate) on God's truth, rather than on false beliefs
- Speak God's truth (Word), rather than your false beliefs (the lie)
- By faith, obey the Word of God



I make a commitment to renew my mind. I will devote myself to identify false beliefs, counter them with God's truth, meditate on the truth of God's Word, believe God's Word and obey what it says.

Signature: _____

Date: _____

new *identity*

Discovering Your True Identity



1 Read **Psalm 139:23**. Ask God to search your heart and write down negative things people have said about you – or you have said about yourself – that have limited you from becoming the person God desires for you to be. What are the names you call yourself when you make a mistake? _____

2 Read **2 Corinthians 4:2**. Audibly renounce the names that represent your false identity. Ask the Lord to deliver you from the bondage of these names. You can write out a prayer below.

3 Read **Ephesians 4:31-32**. Forgive yourself and others who have given you these names. Release the individuals and release the names. _____

4 When you came to Christ, you died to your old identity and you received a new identity in Christ and a new name.

a. Read **Galatians 2:20**. What does this Scripture say about your identity in Christ?

b. Read **Romans 6:6**. What does this Scripture say about your identity in Christ?



5 Notice each of the names below that are commonly accepted as people's identity. They are lies we believe. The truth is that In Christ we have a new identity. Counter these lies with the truth of God's Word listed next to the names.

a. I am a mistake.

Read **Psalm 139:13-14**.

I am _____.

b. I am worthless.

Read **Genesis 1:27, 9:6; Acts 20:28; 1 Peter 1:18-19**.

I am _____.

c. I am rejected.

Read **Ephesians 1:6**.

I am _____.

d. I am abandoned by my family.

Read **John 1:12; Galatians 3:26**.

I am _____.

e. I have no friends.

Read **John 15:15**.

I am _____.

f. I can never change.

Read **1 Corinthians 6:11; 2 Corinthians 5:17**.

I am _____.

g. I am filthy because of my past.

Read **2 Corinthians 5:21**.

I am _____.

h. I am without hope for the future.

Read **Romans 8:17**.

I am _____.

i. I am unable to make a difference in the world.

Read **Matthew 5:13-14**.

I am _____.


j. I am a loser.


Read **Romans 8:37**.


I am _____.




Ephesians 4:1
"I, therefore, the prisoner of the Lord, beseech you to walk worthy of the calling with which you were called."

 **read** the passage a few times, meeting with God in the text. Let Him speak to you through the Scripture.

 **record** in a journal or notebook what you believe this passage is actually saying. You may wish to paraphrase the passage.

 **reflect** on what God is saying to you from what you've recorded. What does this passage mean for you today?

 **respond** to what God is saying. After having written out what the Lord has said to you about the passage, write out how you believe He wants you to respond. Is there a sin to avoid, a promise to claim, an example to follow, a command to obey or truth to believe?



6 Read **Ephesians 4:1**. The term "walk worthy" means to walk in balance with who God has called you to be.

What you believe your identity to be will influence your thoughts about yourself, which will influence your emotions, which will determine your actions.




I make a commitment to renounce false beliefs about myself and to renew my mind to my new identity in Christ. I will devote myself to identifying false beliefs, countering them with God's truth, meditating on the truth of my new identity, believing God's Word and acting consistently with who God says I am in Christ.

Signature: _____

Date: _____

approval *addiction*


 In Genesis 3:17 and Romans 1:20-25 we discovered the lie the human race believes that is at the foundation of our problems. The lie we believe could be stated as, "Independent of God, I should be like God." God is able to meet His own needs and be self-sufficient. As such, instead of finding our identity and value in God, we must find it through alternative means.

Every person is on a constant quest for justification. Independent from God we feel we must justify our existence. The primary way we justify ourselves is through our performance (what we do), people's opinion (what people think of us) and our possessions (what we own).

This understanding results in three lies we believe.


False Belief One: *I am justified through what I accomplish. My doing becomes my being. I must meet certain standards, perform at certain levels, or achieve certain objectives in order to feel good about myself. I fear failure.*

This fear of failure can lead to perfectionism, driven behavior, cheating, risk avoidance, pride, shame, overly-sensitive to criticism, inferiority and depression.

 Do you experience any of the results of attempting to justify yourself through your performance? If so, what are they? How serious of an issue is this in your life? Take time to think through this. If you are unsure, ask others that know you well.

False Belief Two: *I am justified through people's opinion of me. I must be approved of and accepted by certain people in order to accept myself. I fear their rejection.*

This fear of rejection leads to people-pleasing, being overly sensitive to criticism, exaggeration, codependency and isolation.

 Do you experience any of the results of attempting to justify yourself through other people's opinion of you? If so, what are they? How serious of an issue is this in your life? Take time to think through this. If you are unsure, ask others that know you well.

False Belief Three: *I am justified by what I possess. I must have certain possessions or attributes in order to feel good about myself. I fear loss.*

This fear of loss leads to workaholic behavior, overspending, body image obsession, covetousness, eating and exercise disorders, worry and self-hatred.



Do you experience any of the results of attempting to justify yourself through possessions? If so, what are they? How serious of an issue is this in your life? Take time to think through this. If you are unsure, ask others that know you well.



Believing these lies results in turning good things into ultimate things and creating idols. We tend to make idols out of achievements, relationships, possessions and attributes. Those things we most fear losing are often those things that have the greatest possibility of becoming idols in our lives. When we put these things ahead of God, we violate the first commandment, which is at the heart of sin.

Exodus 20:3 “You shall have no other gods before Me.”

The answer to these issues is found in putting our relationship with God first in our lives and understanding the justification provided by Jesus Christ.

1 Read **1 Corinthians 4:3-4**.

Did Paul find his justification in other’s approval? _____

Did Paul find his justification in his own achievement of certain standards? _____

Where did Paul find his justification? _____

Due to the work of Jesus Christ on the cross, we find justification, acceptance, approval, forgiveness and wholeness in Him.


2 Read **Romans 5:1**. What does this verse tell us? _____


3 Read **Colossians 1:21-22**. What do these verses tell us? _____


4 Read **Ephesians 1:6-7**. What do these verses tell us? _____




**Romans 5:1
Therefore,
having been
justified by
faith, we have
peace with God
through our Lord
Jesus Christ.**

 **read** the passage a few times, meeting with God in the text. Let Him speak to you through the Scripture.

 **record** in a journal or notebook what you believe this passage is actually saying. You may wish to paraphrase the passage.

 **reflect** on what God is saying to you from what you've recorded. What does this passage mean for you today?

 **respond** to what God is saying. After having written out what the Lord has said to you about the passage, write out how you believe He wants you to respond. Is there a sin to avoid, a promise to claim, an example to follow, a command to obey or knowledge to believe?

5 Read **2 Corinthians 5:17**. What does this verse tell us?

6 Read **Colossians 2:10**. What does this verse tell us?

We all tend to find our value and significance in our performance, other people's opinion of us and our possessions. The truth is that our value and significance is found in Christ.

7 Read **Genesis 1:27** and **9:6**. What do these verses tell us?

8 Read **1 Peter 1:18-19**. What do these verses tell us?



I make a commitment to reject the lies that my performance, people's opinion of me, or my possessions justify my existence. I will devote myself to the truth that in Christ I am justified and accepted. I am committed to the truth that I am valuable and significant because I have been made in the image of God and redeemed by the blood of Jesus Christ.

Signature: _____

Date: _____

Truth Encounter

False Belief One: *I am justified through what I accomplish.*

False Belief Two: *I am justified through people's opinion of me.*

False Belief Three: *I am justified by what I possess.*

The Truth: I am justified by what Jesus Christ accomplished on the cross. I enjoy achieving, but whether I succeed or fail, God loves me and approves of me in Christ.

The Truth: It would be nice to have other people's acceptance but even if they reject me, God has accepted me in Christ.

The Truth: There is nothing wrong with possessing things or having desirable attributes, but they do not justify me or complete me. Christ justifies me and in Him I have everything that I ultimately need.

free from your

past



read. record. reflect. respond.

In Christ Your Past is Past



1 Read **Romans 6:3-4**, **Colossians 3:3** and **Galatians 2:20**. What do these Scriptures tell us about our relationship to the past? _____

2 Read **Isaiah 43:18-19**. What does God say about your past sins, mistakes, failures, hurts, pains and troubles? _____

3 Read **Philippians 3:13-14**. What does the Apostle Paul tell us about both the successes and failures of our past? _____



Despite the Biblical reality that your past is dealt with in Christ and the Scriptures' admonition to put the past behind us, the Bible also teaches that our past can affect our present. What we are today is directly due to all that has happened in our past. We all deal with painful memories in our past.

4 Read **Exodus 20:4-5**. What do these Scriptures tell us about our relationship to the past?

💡 Three common ways people deal with these memories is through denial (denying what actually occurred), rationalization (rationalizing and justifying what occurred), and blame (blaming others, which lead to bitterness and alienation, or blaming ourselves, which leads to guilt and shame), instead of dealing with the memories. God has a better way for us to deal with painful past memories and events.





Philippians 3:13-14
“Brethren, I do not count myself to have apprehended; but one thing I do, forgetting those things which are behind and reaching forward to those things which are ahead, I press toward the goal for the prize of the upward call of God in Christ Jesus.”


BREAK FREE FROM THE PAST


5 Read **Psalm 32:5** and **2 Corinthians 4:2**. Admit, confess, renounce any acts of iniquity, addictions and hidden sins you are aware of in your life or in your family.

6 Read **Jeremiah 31:34**; **1 John 1:9** and **Ephesians 4:31-32**. Receive God’s forgiveness from sins you have committed in the past. Forgive others that have wronged you. Forgive yourself for anything you are holding against yourself. (Lesson ten will cover the subject of forgiveness.)

 **read** the passage a few times, meeting with God in the text. Let Him speak to you through the Scripture.

 **record** in a journal or notebook what you believe this passage is actually saying. You may wish to paraphrase the passage.

 **reflect** on what God is saying to you from what you've recorded. What does this passage mean for you today?

 **respond** to what God is saying. After having written out what the Lord has said to you about the passage, write out how you believe He wants you to respond. Is there a sin to avoid, a promise to claim, an example to follow, a command to obey or truth to believe?

7 See God for who He is. Many people have a difficult time relating to the Heavenly Father because they see Him in light of an abusive, neglectful or dishonorable parent. As such, it is critical we see the Heavenly Father as He truly is based on the Scripture.

a. Psalm 145:6-9 tells us God is _____

b. Romans 8:35-39 and **Romans 5:8** tell us
God is _____

c. Ephesians 2:1-9 tells us God is _____

d. Galatians 4:4 tells us God is our _____

e. James 1:17 tells us God is _____

f. Isaiah 49:14-15 tells us God is _____

g. Hebrews 12:5-11 tells us God is a parent who provides
proper and needed _____



I make a commitment to not allow my past to control my future. With God's help I will forgive others, forgive myself and walk in an awareness of the Heavenly Father's goodness and love.

Signature: _____

Date: _____

free from *guilt*



read.



record.



reflect.



respond.

The Sin Problem



The root of our deepest problems as individuals and the human race is sin.

1 Read **Genesis 3:4-6**. What was at the heart of original sin? _____

2 Read **Romans 3:23**. Who is guilty of sin? _____

3 Read **Romans 3:19**. In His goodness, God allows what emotion to emerge from committing sin? _____



4 Read **1 Timothy 4:2**. Why is it that some people do not feel guilty over their sins? _____

5 Read **Romans 7:24**. How did Paul feel about himself due to the guilt of his sin? _____

6 Read **Genesis 3:7**. What did Adam and Eve do to cover their spiritual nakedness? What do people do in order to cover their guilt? _____

7 Read **Genesis 3:8**. What did Adam and Eve do after experiencing the guilt of their sin? How do their actions correspond to what people do today?

THE REMEDY TO GUILT - The root of our deepest problems, as individuals and the human race, is sin.

8 Read **2 Corinthians 7:10**. What does this verse tell us about dealing with guilt? _____

9 Read **Psalms 51:4**. What does this verse tell us about sin and repentance?





10 Read **1 John 1:9** and **Proverbs 28:13**. What do these verses tell us about sin and repentance? _____


11 Read **Isaiah 1:18** and **Psalms 103:12**. What do these verses tell us God does with our sins for which we have repented? _____




Romans 8:1
There is therefore now no condemnation to those who are in Christ Jesus...


 **read** the passage a few times, meeting with God in the text. Let Him speak to you through the Scripture.

 **record** in a journal or notebook what you believe this passage is actually saying. You may wish to paraphrase the passage.

 **reflect** on what God is saying to you from what you've recorded. What does this passage mean for you today?

 **respond** to what God is saying. After having written out what the Lord has said to you about the passage, write out how you believe He wants you to respond. Is there a sin to avoid, a promise to claim, an example to follow, a command to obey or truth to believe?

12 Read **James 5:16**. What is this verse telling us? _____

 **13** Read **Luke 19:8-9** and **Exodus 22:1**. What do you believe these verses are telling us? _____

14 Read **Colossians 2:13**, **2 Corinthians 5:17**, **5:21** and **Romans 8:1**. What do these verses tell us happens to us when we receive Christ and repent of our sins? _____



I have accepted Jesus Christ as my Lord and Savior.

I've repented of my sins of the past. I'm committed to always confess to the Lord and repent of any sin and to make restitution when necessary and realistically possible. As such, I am completely forgiven. I am made alive as a new creation through the righteousness of God in Christ, and I am free from all guilt and condemnation.

Signature: _____

Date: _____

free from

bitterness



read.



record.



reflect.



respond.

It is God's Will to Forgive




1 Read **Hebrews 12:15**. What does this Scripture tell us about bitterness? _____


2 Read **Matthew 18:21-35**. What does this passage tell us about how forgiving those who wrong us leads to freedom and how not forgiving leads to bondage? _____


3 Read **Matthew 6:14-15**. Why would refusing to forgive others result in our inability to receive God's forgiveness? _____




4 Read **Ephesians 4:32** and **Colossians 3:13**. How has God forgiven us? As such, how should we forgive others? _____

 **read** the passage a few times, meeting with God in the text. Let Him speak to you through the Scripture.

 **record** in a journal or notebook what you believe this passage is actually saying. You may wish to paraphrase the passage.


 **reflect** on what God is saying to you from what you've recorded. What does this passage mean for you today?

 **respond** to what God is saying. After having written out what the Lord has said to you about the passage, write out how you believe He wants you to respond. Is there a sin to avoid, a promise to claim, an example to follow, a command to obey or truth to believe?

8 Read **Psalm 139:23-24**. Are there any people you are bitter toward or have withheld forgiveness from? _____

 **Forgive anyone who has wronged you.**

- **Repent for bitterness and unforgiveness. Accept God's forgiveness.**
- **Admit you have been wronged. Don't minimize or justify their behavior.**
- **Pay the debt of the wrongdoers and release them of their sins against you.**
- **Seek the good of the wrong doer.**
- **Remember the cross and how God has forgiven you.**

 **I commit to** forgive all those who have wronged me, to release them of their debt to me, and to seek their good. I refuse to take on the offenses of others nor to allow the roots of bitterness in my life. I choose to walk in love, mercy and forgiveness.

Signature: _____

Date: _____

free from *anger*

The Force of Anger


1 Read **Ephesians 4:26** and **Proverbs 16:32**. What do these Scriptures tell us about anger?





2 Read **Psalms 103:8**. What does this Scripture tell us about God and anger?


3 Read **Mark 3:1-5** and **John 2:13-17**. What do these passages tell us about Jesus (God in the flesh) getting angry? _____

4 Read **Proverbs 14:17, 30; 15:18** and **19:19**. What do these passages tell us about anger?

 **read** the passage a few times, meeting with God in the text. Let Him speak to you through the Scripture.

 **record** in a journal or notebook what you believe this passage is actually saying. You may wish to paraphrase the passage.


 **reflect** on what God is saying to you from what you've recorded. What does this passage mean for you today?

 **respond** to what God is saying. After having written out what the Lord has said to you about the passage, write out how you believe He wants you to respond. Is there a sin to avoid, a promise to claim, an example to follow, a command to obey or truth to believe?

Break Free From Sinful Anger

8 Read **Proverbs 28:13** and **Colossians 3:8**. What do these passages tell us about anger?

9 Read **James 1:19** and **Matthew 5:44**. What do these passages tell us about anger? _____

 **I commit to** break free from sinful anger by recognizing it, repenting of it, and focusing my anger on those things that anger God.

Signature: _____

Date: _____

free from *fear & worry*

Cast Your Cares on God



1 Read **Matthew 6:25**. What does Jesus tell us about worry in this verse?

2 Read **Matthew 6:26-29**; **Proverbs 12:25**; and **Proverbs 14:30**. What do these Scriptures tell us about worry? _____

3 Read **Matthew 6:30**. What does Jesus tell us about worry in this verse? _____



4 Read **Matthew 6:31-32**. What does Jesus tell us about worry in these verses?

5 Read **Matthew 6:33**. What does Jesus tell us about breaking free from worry in this verse? _____


6 Read **Matthew 6:34**. What does Jesus tell us about breaking free from worry in this verse? _____


7 Read **Philippians 4:6-7**. What do these verses tell us about breaking free from worry?





Philippians 4:6-7

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.


 **read** the passage a few times, meeting with God in the text. Let Him speak to you through the Scripture.

 **record** in a journal or notebook what you believe this passage is actually saying. You may wish to paraphrase the passage.

 **reflect** on what God is saying to you from what you've recorded. What does this passage mean for you today?

 **respond** to what God is saying. After having written out what the Lord has said to you about the passage, write out how you believe He wants you to respond. Is there a sin to avoid, a promise to claim, an example to follow, a command to obey or truth to believe?

8 Read **1 Peter 5:7**. What does this verse tell us about breaking free from worry in this verse? _____

 **I commit to** trusting God with the future. I refuse to allow my life to become consumed with worry and fear. I choose to cast my cares on the Lord.

Signature: _____

Date: _____

free from *depression*



read.



record.



reflect.



respond.

Understanding Depression



Depression is a common malady that often leads to a frozenness in life and can become a very serious condition. It involves an overwhelming sense of dejection, hopelessness, helplessness and despair. Sometimes depression is the result of a medical or biological condition. If you are suffering prolonged or severe depression, it is wise to consult a medical practitioner.

1 Read **2 Corinthians 1:8-10** and **1 Kings 19:4**. What do these Scriptures tell us about the Apostle Paul and Elijah the Prophet? _____

2 Read **1 Kings 19:1-4, 9-10**. What are some of the emotions and issues Elijah is dealing with that have resulted in his depression? _____

Defeating Depression



3 Read **1 Kings 19:5**. What is the first thing God does for Elijah? _____

4 Read **1 Kings 19:9-10**. What does God allow Elijah to do? _____

5 Read **1 Kings 19:9**. Where did Elijah choose to go? _____

6 Read **1 Kings 19:11-12**. What did God give Elijah in these verses? _____





For you personally, what is the best way to experience a fresh encounter with God?





Jeremiah 29:11


For I know the thoughts that I think toward you, says the LORD, thoughts of peace and not of evil, to give you a future and a hope.

 **read** the passage a few times, meeting with God in the text. Let Him speak to you through the Scripture.


 **record** in a journal or notebook what you believe this passage is actually saying. You may wish to paraphrase the passage.

 **reflect** on what God is saying to you from what you've recorded. What does this passage mean for you today?

 **respond** to what God is saying. After having written out what the Lord has said to you about the passage, write out how you believe He wants you to respond. Is there a sin to avoid, a promise to claim, an example to follow, a command to obey or truth to believe?

 **7** Read **1 Kings 19:15-18**. What are the two things God gave Elijah in these verses? _____

8 Read **Jeremiah 29:11**. What does this verse tell us?

 **I make a commitment** to take responsibility for coming out of depression. I believe the Lord has good plans for my future and I can have hope in Him.

Signature: _____

Date: _____

free from *addiction*

The Path to Freedom



We live in an addicted society. 2 Peter 2:19 (NLT) says, “They promise freedom, but they themselves are slaves to sin and corruption. For you are a slave to whatever controls you.” An addiction is anything that rules over you and controls you.

Understanding Addiction


1 Read **1 Corinthians 6:12**. What determination has Paul made about his life?


2 Read **Romans 6:12-14**. What does this passage tell us concerning addictions?


Breaking Free From Addictions




3 Read **Proverbs 28:13** and **Acts 3:19**. What does this verse tells us to do with addictions?

 **read** the passage a few times, meeting with God in the text. Let Him speak to you through the Scripture.

 **record** in a journal or notebook what you believe this passage is actually saying. You may wish to paraphrase the passage.

 **reflect** on what God is saying to you from what you've recorded. What does this passage mean for you today?

 **respond** to what God is saying. After having written out what the Lord has said to you about the passage, write out how you believe He wants you to respond. Is there a sin to avoid, a promise to claim, an example to follow, a command to obey or truth to believe?

8 Read **2 Corinthians 10:3-5**. What do these verses tell us about breaking the strongholds of addictions over our lives?



I make a commitment not to allow anything or anyone to master and control me other than Jesus Christ. I believe I can break free from all addictions and will take the necessary path to live in freedom.

Path to Freedom

1. Confess your need for God.
2. Confess your addiction to the Lord and ask for His help in overcoming it.
3. Confess your addiction to a trusted and gracious follower of Christ, who can pray for you, hold you accountable and help you if you fall.
4. Cut off all sources to the addiction and trust Christ to set you free. This will require a regular habit of prayer and time in the Scripture.

Signature: _____

Date: _____

Lesson One

1. Personal answer
2. Personal answer
3. John 8:36 – Jesus Christ
4. Christ
5. Poor, brokenhearted, captive, blind, oppressed
6. Liberty (freedom)
7. God desires to heal us, lead us, comfort us and give us peace.
8. If we ask God to help us experience His freedom, He will help us.

Lesson Two

1. God
The Devil or Satan
2. The Devil
3. The lie
4. Forsaken
5. They rejected the love of the truth and believed a lie
6. John 8:31-32
7. The truth
8. In God's Word
9. The highest priority
10. Personal answer

Lesson Three

1. Romans 10:9 - Jesus being Lord means that I give Him supreme rule of my life.
2. Exodus 20:2-3
 - a. God will have no rivals
 - b. Money, possessions, pleasures, recreational pursuits, achievements, relationships, any number of other things
 - c. Personal answer
3. You become like what you worship and idols will disappoint you
4. Everything belongs to God.
5. God owns us by creation and

- redemption.
6. We are not to live for ourselves but for Christ who died and rose from the dead for us.
7. Every part, even the ordinary parts.
8. To trust in the Lord with all of our heart, we cannot lean on our own understanding (false belief systems). In all our ways He must be Lord. When we give God control, He will direct us.
9. Jesus requires our complete devotion.
10. Obey Him
11. Jesus Christ
12. Personal answer
13. By faith in the Son of God who loved me and gave Himself for me.

Lesson Four

1. Spirit, soul, body
2. Heb 4:12 – soul and spirit
- Dan. 7:15 – spirit, body, soul
- Matt. 26:41 – spirit, body
3. Spirit
4. Receiving with meekness the implanted Word
5. Renewing our mind
6. (Translations will vary)
Matt. 26:47 - Sorrow and distress
Mark 3:5 - Anger
Luke 7:13 - Compassion
Luke 10:21 - Joy
Luke 19:41, John 11:35 - Weeping
7. House and tent
It goes into the presence of the Lord
8. Sin
Spirit, soul, body
9. Holy Spirit; Lust
10. a. Sorrow
b. God
c. Daily

11. Adultery, fornication, uncleanness, lewdness, idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, self ambition, dissention, heresies, envy, murders, drunkenness, revelries
12. Love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness and self-control.
13. John 15:4-5
 - a. Vine
 - b. Branch
 - c. Jesus
 - d. No
14. Philippians 4:13
 - a. All things
 - b. Christ
 - c. Strengthens
15. a. Renew, strength
b. Strong
16. a. Author, finisher
b. Jesus
c. Faith
d. Hearing
17. a. The Lord is my shepherd. He is my light, salvation and strength. I should not be afraid.
b. The Lord is my strength and shield.
The Lord is my health.
18. a. I can do all things through Christ who strengthens me.
b. We have overcome because greater is He that is in us than He that is in the world.

Lesson Five

1. Romans 12:1-2
 - a. bodies
 - b. conformed
 - c. renewing
2. Keep it with diligence
3. Think
4. Flesh, spirit
5. Yes

6. Whatever things are true, noble, just, pure, lovely, virtuous and praiseworthy
7. Words
8. Our words can create life or death, we eat the fruit of our words.
9. We need to do more than hear God's Word, we need to obey it.
10. We need to hear and do God's Word to stand in the storms of life.

Lesson Six

1. Personal – Names like “you're no good”, “you'll never amount to anything”, “no one could love you.”
2. Personal – Be certain to verbally renounce these names.
3. Forgive means to release – this is an important step.
4. Your Old Identity
 - a. My old identity was crucified with Christ, now my new identity is in Christ.
 - b. My old identity was crucified with Christ, now I am no longer a slave to sin.
5. Your New Identity
 - a. Created by God and fearfully and wonderfully made
 - b. Made in the image of God, redeemed by the blood of God, redeemed by the blood of Jesus and of infinite value.
 - c. Accepted by God.
 - d. God's child
 - e. God's friend
 - f. A new creation.
 - g. Washed, sanctified, justified and the righteousness of God in Christ.
 - h. An heir of God and

- a joint heir with Christ.
- i. The salt of the earth and the light of the world.
- j. More than a conqueror.
6. Ephesians 4:1.

Lesson Seven

1. No, no, God
2. Our justification in Christ gives us peace with God. This is independent of our efforts.
3. In Christ we are reconciled, holy, blameless and justified.
4. In Christ we have been accepted, redeemed and forgiven.
5. In Christ all things are new.
6. In Christ we are complete.
7. We have been made in God's image and thus infinitely significant and valuable.
8. We have been redeemed by the blood of Jesus and thus infinitely significant and valuable.

Lesson Eight

1. In Christ we died to our past, and our past, present and future are now in Christ.
2. Do not dwell on your past but dwell on the new things God has ahead for you.
3. Forget about the past and focus on the future.
4. Those things that happened in past generations of our family have an affect on our lives.
5. You may wish to write out these issues.

- You may wish to write out a prayer of forgiveness
- Attributes of the Heavenly Father
 - Good
 - Love
 - Merciful, gracious and kind
 - Father
 - Generous
 - Available
 - Discipline

Lesson Nine

- God doesn't have my best in mind. I know better than God. Independent of God, I shall be as God.
- All – the entire human race.
- A guilty conscience.
- They have seared their consciences through repeated sin.
- Wretched, the emotion of self-hatred.
- Adam and Eve tried to cover their nakedness with fig leaves. In the same way we try to cover our guilt with human remedies like denial, moralism and blame.
- Adam and Eve hid from God. People today endeavor to hide from God through atheism, agnosticism and preoccupation with other things in life.
- The answer to guilt is not remorse but repentance. Repentance is turning from sin and turning to God.
- Our sin is ultimately against God and our repentance is not feeling sorry for the consequences of our sin but recognition

that we are sorry to God for sinning against Him.

- We must admit and confess our sin. If we confess our sin, God will forgive our sin.
- God completely removes and erases the sin we have repented of.
- There are times when it is helpful and healing to confess your sins to others. Warning – You must be very careful with this. It needs to be to a mature follower of Christ, who is fully trustworthy and full of grace, reflecting Christ's forgiveness. The act of confessing your sin to others is extremely important if it is a besetting sin and you need accountability in your life in this area.
- When it is realistically possible, we need to endeavor to ask the forgiveness of the people we have wronged and make restitution (pay back) of what we have taken from them.
- We are forgiven, made alive as a new creation, made the righteousness of God in Christ and are free from all guilt and condemnation.

Lesson Ten

- Bitterness is like a root. It works in a subterranean way. If we do not deal with it, it eventually will cause us many problems.
- All who refuse to forgive discover the

inner torturers. When you forgive you are delivered from the torturers.

- You'll never know what it's like to walk through life with the blessedness and freedom of knowing you're totally forgiven by God if you hold bitterness and unforgiveness toward others.
- God forgives freely, completely and doesn't bring it up again. On the cross, He paid the debt we owed Him.
- Jesus committed justice into God the Father's hands.
- We are to seek good for those who wrong us.
- Though we are to forgive and aspire to reconciliation, there are times when reconciliation is neither practical nor possible.
- Personal answer

Lesson Eleven

- Anger can be channeled for good or for evil.
- God gets angry.
- Jesus got angry in the interest of others. His anger had a directed purpose and was under control.
- Anger out of control is destructive.
- Properly deal with your anger or it can provide a foothold for the darkness.
- Anger can be contagious.
- Anger is judged by God.
- Repent of sinful anger by admitting and turning from sinful anger.

- Be slow to become angry, giving yourself time to analyze why you are angry. Be angry over sin and injustice, but love and forgive the people committing the actions that make you angry.

Lesson Twelve

- Worry is unreasonable, don't worry about what you can't control.
- Worry is unnatural and unhelpful
- Worry is unnecessary, if God takes care of birds and flowers, He will take care of you.
- Unbelievers worry about food and clothes, but we have a Heavenly Father who takes care of us.
- We break free from worry by putting God first in every area of our lives.
- Live one day at a time.
- Instead of worrying about situations and circumstances, pray about them.
- Give your worries to God and leave them in His hands.

Lesson Thirteen

- Paul and Elijah both suffered depression.
- Frustration, anger, fear, failure and blame.
- God meets his physical needs of nutrition and rest.
- God allows Elijah to share his frustration with the Lord.
- Elijah went into a cave. In depression we tend to retreat to a cave of isolation, which is not helpful.

- God gave Elijah a fresh encounter with Himself. We need a fresh encounter with God in times of depression. The second part of the answer will differ but worship is a common answer.
- An assignment to accomplish and a friend in Elisha.
- The Lord has good plans for us and wants to give us a future and a hope. Our hope must be in Him.

Lesson Fourteen

- Paul has determined that nothing will be allowed to control his life.
- Nothing or no one should control your life but Jesus Christ.
- If you confess your sin, you will find mercy. Turn from them and God will blot them out and bring a time of refreshing.
- We need to confess our sins to another trusted person who can help hold us accountable in attaining freedom from an addiction.
- Confessing our weakness allows us to find our strength in Christ to overcome.
- Through Christ we can break free from addictions.
- Cut off and flee from sources of addiction.
- Breaking free from the strongholds of addiction is a war, but one that can be won through Christ.



section two

Break Free

THE PROCESS

About The Journey

You are about to begin a journey that will change your life. Your destination – the purpose of this journey – was laid out long ago by the Lord in **Jeremiah 29:22** (NIV):

For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you a hope and a future.”

As you begin, it’s important to understand what the Break Free Project is, and what it is not.

- We call it a project because it has many facets, many parts that build on each other and must fit together to achieve the desired result.
- Break Free is not just a teaching series – although it will include some insightful and powerful teaching.
- Break Free is not a class, though our weekly Connect Group meetings will have something of a classroom feel, and you will have homework.
- Break Free is not just a Bible study, though it is based on and will be immersed in Scripture.
- Break Free also includes a weekend experience, which we call an Encounter Weekend. The Encounter Weekend will have some of the elements of a retreat, but it will not be a typical retreat, with lots of time for relaxation or recreation. Nor will it be a seminar with high-powered outside speakers. Its focus is on a life-changing encounter with the living God.
- Break Free is a multi-faceted project where the different pieces come together to create a total experience – *a life-changing experience*.

To sum up, Break Free is not about expanding our head knowledge, but rather renewing our minds, healing our hearts and transforming our lives.

This process is all about breaking free – helping individual believers understand and overcome anything that might be holding us down, holding us back or keeping us from living the Christian life to the fullest.

- For some of us, that could be unhealthy thoughts, emotions or habits. These could range from seemingly benign problems or some kind of compulsion, all the way to full-blown addictions.
- For others, it could involve a particular area or situation in our life where we periodically “lose it” – or get out of control – especially when someone or some event pushes the right buttons in us.
- Another area where some of us struggle is the residual impact of wounds, abuse or some other sins committed against us by other people, maybe even from our own family.
- Some of us may also be living a lie – not being deceptive or deceitful, but rather having been deceived by the enemy into believing some lie.
 - *Maybe it’s a lie about ourself: “I’m never going to amount to anything. Like my dad said, I’m just a loser.”*
 - *Or maybe we’ve bought into a lie about God: “I’m not sure God really loves me. If He did, why did He allow all this pain into my life?”*
- Others of us may also battle with destructive emotions or actions that have their root in sin patterns that have been in our family, maybe for generations.

The bottom line is, virtually all of us have some area in our lives where we’re not fully free. Mostly, it’s just a matter of degree. The goal of Break Free is to appropriate in a personal way that great promise of Jesus in John 8:38: *“If the Son sets you free, you shall be free indeed.”* Or as The Message translation puts it: *“So if the Son sets you free, you are free through and through.”*

As you go through Break Free, you’ll not be traveling alone. You’ll be sharing this experience with brothers and sisters in Christ who have similar needs and hopes. But most of all, you’ll be walking in the safety and comfort of God the Father, the Lord Jesus and the Holy Spirit who will be your guides on this journey.

God's Provision For Healing The Whole Person

Jesus came for this purpose: to destroy the works of the devil.

The thief does not come except to steal, and to kill, and to destroy. (John 10:10) For this purpose, the Son of God was manifested, that He might destroy the works of the devil. (1 John 3:8)

THE PROMISE OF HEALING: Isaiah 61:1-4

"The Spirit of the Lord is upon Me, because the Lord has anointed Me to preach good tidings to the poor. He has sent Me ...

- to heal (bind up) the brokenhearted,
- to proclaim liberty to the captives,
- and the opening of the prison to those who are bound;
- to proclaim the acceptable year of the Lord, and the day of vengeance of our God;
- to comfort all who mourn, to console those who mourn in Zion;
- to give them beauty for ashes,
- the oil of joy for mourning,
- the garment of praise for the spirit of heaviness.

THE PURPOSE OF HEALING: Isaiah 61:3b-4

"... that they might be called trees of righteousness, the planting of the Lord, that He may be glorified.

And they shall:

- rebuild the old ruins;
- they shall raise up the former desolations,
- and they shall repair the ruined cities, the desolations of many generations."

THE PROVISION OF HEALING: Luke 4:17-19, 21

"And He was handed the book of the prophet Isaiah. And when He had opened the book, He found the place where it was written:

"The Spirit of the Lord is upon Me, because He has anointed Me to preach the gospel to the poor.

He has sent Me:

- to heal the brokenhearted
- to proclaim liberty to the captives
- and recovery of sight to the blind
- to set at liberty those who are oppressed (downtrodden)
- to proclaim the acceptable year of the Lord."

And He began to say to them, "Today this scripture is fulfilled in your hearing."

Jesus can identify with our pain.

He is despised and rejected (*forsaken*) by men. A Man of sorrows (*pains*) and acquainted with grief (*sickness*). (Isaiah 53:3)

Jesus made provision on the cross for our healing.

Surely He has borne our griefs (*sicknesses*) and carried out sorrows (*pains*); yet we esteemed Him stricken, smitten by God and afflicted. But He was wounded (*pierced*) for our transgressions; He was bruised (*crushed*) for our iniquities; the chastisement for our peace was upon Him, and by His stripes we are healed. (Isaiah 53:4-5)

The gospel message includes a "total package," not just salvation from sin.

Sozo is the Greek word translated "saved, healed, delivered." Sozo contains the entire package of being made whole or well.

Salvation - "That if you confess with your mouth Jesus is Lord and believe in your heart that God raised Him from the dead you shall be saved (sozo)." (Romans 10:9)

Healing - But Jesus turned around, and when He saw her He said, "Be of good cheer, daughter; your faith has made you well (sozo)." And the woman was made well (sozo) from that hour. (Matthew 9:22)

Deliverance - "And those who had seen it reported to them how the man who was demon-possessed had been made well (sozo)." (Luke 8:36)

Understanding the true nature of our struggle

For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places. (Ephesians 6:12)

For we are not wrestling with flesh and blood [contending only with physical opponents], but against the despotisms, against the powers, against [the master spirits who are] the world rulers of this present darkness, against the spirit forces of wickedness in the heavenly (supernatural) sphere. (Amplified Bible)

The Bible teaches that there is an epic battle going on all around us. When it speaks of the battle taking place in “heavenly places,” it is not referring to a far-away place in the cosmos, but rather to the invisible realm of the supernatural, which is all around us.

Whether we like it or not – or whether we know it or not – we are part of that battle. Often, when we find ourselves struggling with problems in life – whether they are deep wounds, besetting sins or broken relationships – we see the problems as “flesh and blood” (e.g., people or circumstances). But many times, an unseen malevolent force is involved, an evil spirit assigned by the devil to deceive, seduce, harass, torment or (if possible) ensnare us.

As believers in Christ, it’s important to understand that we have an enemy who is dedicated to our destruction. Jesus referred to him as the thief. *“The thief does not come except to steal, and to kill, and to destroy.” (John 10:10)*

But our enemy also has an enemy who is out to get him: *“For this purpose the Son of God was manifested, that He might destroy the works of the devil.” (1 John 3:8)*

As in any battle, it’s important to understand our enemy and his tactics. As we learn from Ephesians 6, Satan’s forces are highly organized – with a multi-level leadership structure and a well-honed ability to identify and target the weaknesses of their intended victims.

As we enter this battle, it’s vital we understand that the two opposing forces – the kingdom of God and the kingdom of darkness – are not equal in power. Although we face a formidable and crafty foe, he is ultimately a defeated foe.

Jesus has authority and power over the enemy:

“All authority has been given to Me in heaven and on earth. (Matthew 28:18)

“... and what is the exceeding greatness of His power toward us who believe, according to the working of His mighty power which He worked in Christ when He raised Him from the dead and seated Him at His right hand in the heavenly places, far above all principality and power and might and dominion.” (Ephesians 1:19-21)

Jesus has also given us authority and power over the enemy:

“Behold, I give you the authority to trample on serpents and scorpions, and over all the power of the enemy, and nothing shall by any means hurt you.” (Luke 10:19)

“He who is in you is greater than he who is in the world.” (1 John 4:4)

Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ. (1 Thessalonians 5:23)

Just as God is one person in three forms, so we are one person with three parts: spirit, soul and body.

1 We are a spirit.

So God created man in His own image; in the image of God He created him. (Genesis 1:27)

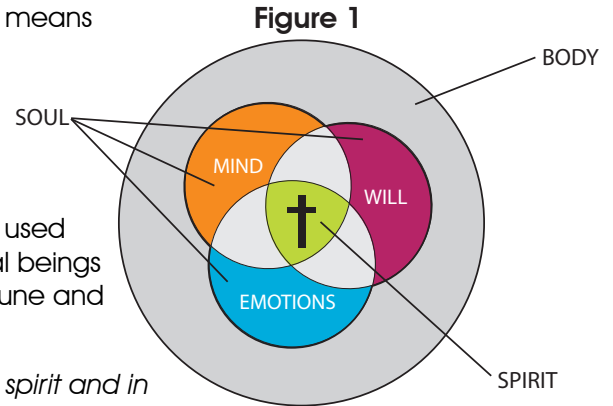
When the Bible says we are made in the image of God, it means that – like God – we are first and foremost spiritual beings.

And the Lord formed man of the dust of the ground, and breathed into his nostrils the breath of life, and man became a living being. (Genesis 2:7)

The Hebrew word used here for “breath” is the same word used elsewhere for “spirit.” God is Spirit, and He made us spiritual beings so that we could enjoy a relationship with Him – to commune and communicate with Him.

“God is Spirit, and those who worship Him must worship in spirit and in truth.” (John 4:24)

Before we were saved, our spirit was dead in sin. When we are born again, our spirit is brought back to life and made completely whole and pure. Our sins are washed away. We are justified (just as if we had never sinned), and declared “not guilty.” At the moment of salvation, our spirit man is infused with the righteousness of God. After salvation, our spirit is off limits to Satan. He cannot touch that part of our being.



2 We have a soul.

Though we are primarily a spiritual being, God also gave us a soul, which is composed of our mind (what we think), our emotions (what we feel) and our will (what we choose to do). Our soul encompasses our personality and enables us to relate to other people, to the world around us, and to God Himself.

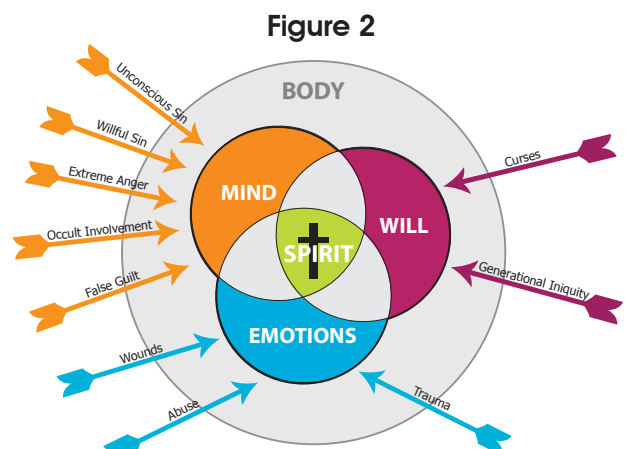
Because God wanted a voluntary love relationship with us, He gave us a soul, which includes the ability to choose what to think and feel about Him and whether or not to obey Him. Even after salvation, we have to choose whether or not to obey and love God:

Bless the Lord, O my soul; and all that is within me, bless His holy name! Bless the Lord, O my soul, and forget not all His benefits. (Psalm 103:1-2)

“You shall love the Lord your God with all your heart, with all your soul and with all your mind.” (Matthew 22:37)

Because our soul retains the right to make choices, there is a continual battle for control of this part of our being – a struggle between our spirit man (which desires to do the will of God) and our flesh (our old nature which resists the will of God).

For this same reason, the enemy focuses most of his energy on finding ways to influence or penetrate our soul. This is why the believer’s battleground is in the realm of the soul – our mind, our emotions and our will.



While our spirit is instantly made whole (and holy) at the time of salvation, bringing our soul under the dominion of God is a process – a lifelong series of choices.

This process is called sanctification. The Break Free Project is all about the process of sanctification.

3 We live in a body.

Though many people see – and seek – their identity through their physical body, the reality is that our bodies are only the temporary housing for our spirit and our soul – which are the eternal parts of our being – and that some day we will receive an entirely new body.

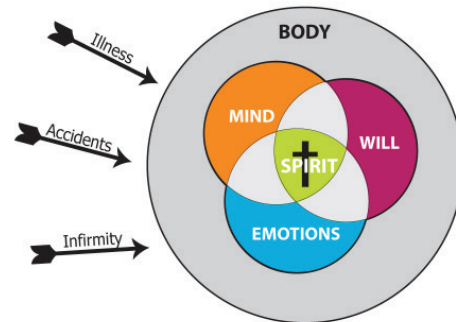
Nevertheless, the Lord does call on us to honor Him with our physical bodies, and indeed He places great value on them since He says our bodies are the temple of the Holy Spirit:

Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own. For you were bought with a price; therefore glorify God in your body, and in your spirit, which are God's. (1 Corinthians 6:19-20)

And in Romans 12:1, we are instructed to use our bodies as instruments of worship to God:

I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service.

Figure 3



core concepts UNDERSTANDING SPIRITUAL STRONGHOLDS

As we go through the Break Free process, we will seek to discover spiritual strongholds in our life.

What is a stronghold? The dictionary defines a stronghold as a *well-fortified place*. A stronghold can be a fortress, or a prison. A stronghold is a *walled-in place*. Typically, it is heavily guarded. A spiritual stronghold is a place in your **soul** where darkness is present, where forces of evil have access, *influence or control*. In Ephesians 4:27, we are warned not to “*give place to the devil.*” The Greek word for place – *topos* – makes it clear that believers can actually give ground in our lives to demonic control.

When we speak of spiritual strongholds, we’re not talking about demonic *possession*, for a person who has given his heart to Jesus belongs to Him and cannot be possessed by anyone or anything else. Rather, we’re talking about demonic *involvement*, demonic *influence* and, to some degree, demonic *control* in an area of our life.

We’re talking about an area in your *mind*, your *emotions* or your *will* where the enemy has been able to find a way to get past your defenses: to get a grip – a *strong hold* – on some area of your life. Remember, we’re talking about a place in your *soul*. He cannot touch your *spirit*. That’s off limits to him.

While strongholds manifest themselves in our emotions and our actions, the foundation of a spiritual stronghold is usually in our mind. While the enemy may enter through various doors, he almost always goes straight to work on our *minds*. His primary strategy is to implant a lie in our mind. “God doesn’t really love me.” “This little sin won’t really hurt me.” “I have a right to stay angry because of what that person did to me.” Once these lies are embedded in our minds, our feelings and actions tend to follow almost instinctively.

Someone described a spiritual stronghold as a *room made up of thoughts*. In this case, we’re talking about *demonically-inspired thoughts*. These can vary from a single false assumption, maybe about God or about our self, to an entire system of logic – based on lies and deception from the enemy. Since one definition of a stronghold is a prison, a spiritual stronghold is a place of *bondage*. When we repeatedly engage in wrong thinking or wrong doing, we allow the enemy to erect a prison in which we are held captive. “*My sins have been bound into a yoke.*” (Lamentations 1:15 NIV)

But thankfully, God has a means for demolishing strongholds, and that’s what we will do during the Break Free process. “*For the weapons of our warfare are not carnal but mighty in God to the pulling down of strongholds.*” (2 Corinthians 10:4)

core concepts DOORWAYS THE ENEMY USES

To understand and deal with spiritual strongholds, we need to identify their source – **where they came from**.

Spiritual strongholds don't just appear, or come from out of nowhere. Strongholds always result from doors that have been opened to the powers of darkness.

As we will see, there are a variety of doorways – or *portals* – by which the enemy can gain access into our lives. Most of the time, these doors are opened by our own actions – through decisions we make, either knowingly or through ignorance.

But we will also see that doors to the demonic can also be opened in our lives as a result of other people's actions and decisions – and sometimes even as a result of an accident or some other traumatic event.

Let's look at how the enemy seeks to penetrate our defenses so that he can gain influence or control in our lives. As was noted earlier, the enemy cannot touch our innermost being, our *spirit*. That is where the Holy Spirit dwells when we are born again, and it is off limits to the forces of darkness.

Since the enemy cannot touch our spirit, he concentrates on finding ways to access or influence the other two parts of our being: our *soul* and our *body*. As you can see in the illustration below, the enemy constantly probes our defenses, looking for potential points of access to our mind, our emotions or our will.

Some of these openings are the result of *our own sin*. When we commit *willful sin*, we throw the door wide open to the enemy's influence. Sometimes, though, we open the door through *unconscious sin* – as a result of ignorance, deception or false doctrine. Here, the enemy slips *unseen* through a crack in the doorway. We don't even notice he's there.

We also can open doors to the enemy by dabbling in things God has forbidden, for example: *occult practices* such as horoscopes or fortune-telling, *secret societies* like freemasonry and practices or objects associated with *false religions*. Here, we invite someone in who looks like a nice person but is really a predator in disguise. Once he gets inside, he doesn't want to leave.

Sometimes, though, the enemy finds doorways to our soul through things unrelated to our own actions, such as abuse, trauma, emotional wounds or patterns of iniquity rooted in our family or past generations.

We also see that the enemy can attack our *bodies* by trying to cause accidents, illnesses and infirmity.

8 Primary Doorways for the Enemy

Disobedience

- Willful Sin
- Habitual Sin
- Hidden Sin
- Rebellion

Un-forgiveness

- Resentment
- Root of bitterness
- Anger, rage, violence
- Hatred

Sexual Sin

- Lust (*pornography, masturbation*)
- Fornication
- Adultery
- Perversion

Emotional Trauma

- Abuse (*verbal, emotional, physical, sexual, spiritual*)
- Molestation or rape
- Victim of violent crime
- Battlefield trauma
- Severe illness or injury

Occult Involvement

- Divination (consulting fortune-tellers, psychics)
- Witchcraft or sorcery
- New Age beliefs and practices

Generational Iniquity

- Unbroken patterns of sin (*addictions, abuse*)
- Mental illness, suicide
- Idolatry

Curses

- Ancestral or family curses
- Consequences of specific sins
- From people in authority
- Self-imposed
- From occult sources

Inner Vows & Judgments

- Conscious or unconscious vows or oaths
- I will never...
- I will always...
- Judgments against others

As we examine the development of spiritual strongholds, it's important to note that strongholds generally evolve over time. Sometimes, strongholds can appear quickly, as in the case of a trauma or abuse. But generally there is a progression.



1 Temptation

As we see in the illustration above, the pathway to bondage begins with temptation. Temptation can spring from more than one source:

- Our flesh
- Demonic deception or enticement
- A generational predisposition

2 Toe-hold

An initial sin doesn't immediately create bondage, but it does open the door to the forces of evil who will seek to use this to draw us further into this area of sin. When we begin to sin, we give the enemy a toe-hold in that area of our soul.

3 Foothold

When we have repetitive or unconfessed sin, we give the enemy an open invitation to take advantage of the situation and extend his influence.

We give him a foothold in that area of our life.

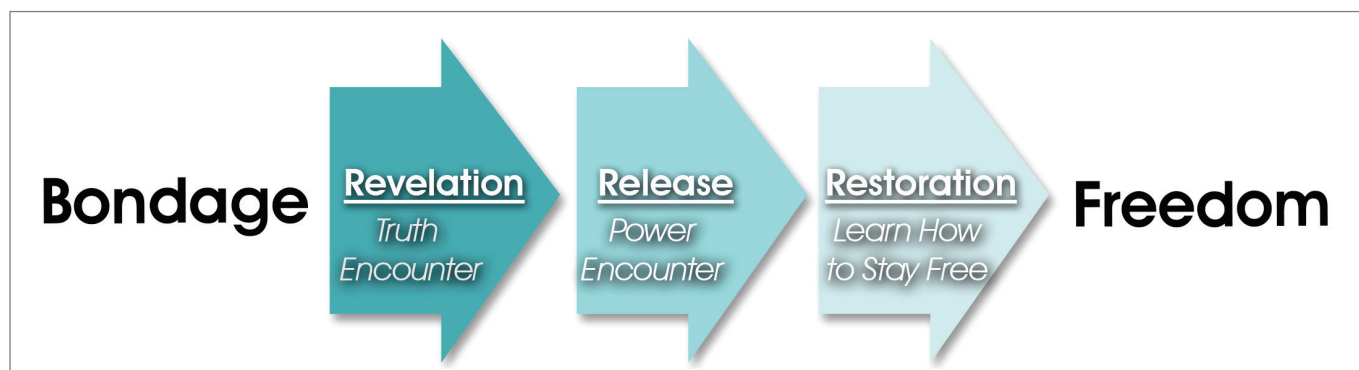
"...do not give the devil a foothold." Ephesians 4:27 NIV

It's like a beachhead from which he can extend his influence in our life.

4 Stronghold

When we move from repetitive sin into habitual sin, the enemy gains a stronghold in that area of our soul and begins to exert control over us. Our thinking is distorted. Our emotions spin out of control. Our will becomes impaired. We are literally unable to stop sinning. We are in bondage.

During the Break Free process, we will also see that there is a logical and sequential path from bondage to freedom. It involves three basic stages: revelation, release and restoration.



REVELATION

The road to recovery begins with divine revelation, as God’s Word and God’s Spirit reveal to us the nature and source of our bondage and God’s plan for setting us free.

RELEASE

But revelation alone will not set you free. Often when a spiritual stronghold has been established deep in an area of our soul, it takes some dynamite to blast it open.

The root word in the Greek from which dynamite is derived is *dunamis*, which refers to the supernatural power of the Holy Spirit.

When we find ourselves in true spiritual bondage, we need more than knowledge and understanding. To get a real breakthrough, we need some power tools, and maybe even some explosives.

The process of release typically involves three basic steps:

1 Repenting

As with any sin problem, the first step is repenting: confessing our sin and turning away from it. “If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.” (1 John 1:9)

This cleanses and frees us from the guilt of our sin. But simply confessing our sin does not automatically break the hold of an habitual sin pattern. Usually something more is required to completely set us free.

2 Renouncing

The second step is renouncing our sin and the forces of evil connected to that area of sin. “But we have renounced the hidden things of shame...” (2 Corinthians 4:2)

Renouncing means using our will and our words to reject and repudiate:

- the sin itself
- the spiritual forces associated with it
- This involves speaking to the forces of darkness in the name of Jesus. It’s like a spiritual declaration of independence: “I hate this sin, and by the power of the Holy Spirit and by the blood of Jesus, I will no longer allow it to exert control in my life.”

3 Breaking

The third and final key to gaining release is breaking the power of that sin in our life.

Sin – especially habitual sin – almost always involves some level of demonic activity or influence. “Breaking” means severing the connection with the spiritual force behind that area of sin.

This involves:

- taking authority over that spirit in the name of Jesus
- commanding it to leave
- binding it from further involvement in our life

We can do this because the Lord Jesus has given us both the authority (exousia) and the power (dunamis) to overcome the forces of evil.

“I give you the authority to trample on serpents and scorpions and over all the power of the enemy.” (Luke 10:19)

He gave them power and authority over all demons.... (Luke 9:1-2)

This process of release is what we commonly call deliverance. Deliverance doesn't have to be weird or something to be afraid of. It's a solid biblical practice intended to be a normal part of New Testament Christianity.

Deliverance was a major part of Jesus' ministry:

In Acts 10:38, we read ...how God anointed Jesus of Nazareth with the Holy Spirit and with power, who went about doing good and healing all who were oppressed by the devil.

In Mark 16:16, Jesus cited four signs that would follow those who believe. The first item on the list was this: “In My name, they will order demon spirits to leave.” (NIV)

A major goal of Break Free is to help you understand the spiritual authority you have as a believer, and to enable you to exert that authority against the powers of darkness.

Generational Healing

Breaking Spiritual Strongholds and Other Negative Influences From Our Family Line

"For I the Lord am a jealous God, visiting the iniquity of the fathers upon the children to the third and fourth generations of those who hate me, but showing mercy to thousands, to those who love me and keep my commandments." (Exodus 20:5-6)

It is well known that our individual lives are greatly influenced by the previous generations of our earthly families. These influences can be both positive and negative.

We all know that we inherit physical characteristics from our ancestors, including looks, hair color and body shape. We also know through medical science that we inherit predispositions to certain diseases, such as heart disease or cancer.

It's also clear that we inherit personality traits:

"He's just like his father, so reserved."

"She's just like her grandmother, so outgoing."

It's also true that character traits – not just personality traits – can pass down through family lines.

It's well known – from science and from Scripture – that we can inherit predispositions to certain behavioral problems such as addictions, anger and even abuse.

Often we see these same patterns re-occur down the line through families, generation after generation. Sometimes these patterns skip a generation but pop up in the next.

The Bible speaks of iniquities being passed down through the third and fourth generations. We see this in three almost identical passages (Ex. 20:3-6; Num. 14:18; Deut. 5:9). In Exodus 20:3-6, we read:

"You shall have no other gods before me. You shall not make for yourself a carved image – any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth. You shall not bow down to them nor serve them. For I the Lord your God, am a jealous God, visiting the iniquity of the fathers upon the children to the third and fourth generations of those who hate me, but showing mercy to thousands, to those who love me and keep my commandments."

What does it mean to hate God?

The Bible says to hate God is to disobey His commandments, and to love God is to obey His commandments. So when we – or our ancestors – sinned, we were showing hatred toward God.

Does this mean God punishes us for the sins of our ancestors?

God is simply saying that our iniquity can have consequences for others in our family line.

What does the Bible mean when it speaks of iniquity?

The Hebrew word for iniquity is "avon" (ah-voan) which is derived from a word meaning to "bend" or "distort." Iniquity is an "evil bent." In its simplest form, iniquity is unrepented sin that becomes imbedded in our character. It becomes a part of who we are.

When iniquity continues unchecked in a person's life, the spirit behind this iniquity presses in on future generations and tries to ensnare them in the same sin.

Generational iniquity can be passed on by example. But this is not just a matter of learned behavior. There's a spiritual force behind it.

So then, generational iniquity can be defined as a continuing pattern of sinful behavior in a family line that has never been dealt with: Never repented from, never renounced, never broken.

Generational Healing *continued*

Over time, a pattern of sin can become a generational stronghold. It is spiritually genetic. In a sense, it's in the *bloodline*.

But through the blood of Jesus and the healing power of the Holy Spirit, God has made a way for us to break free from patterns of sin and suffering that have marked our previous generations.

Sometimes referred to as generational healing, this process involves inviting God's love and healing light into those areas of family hurts and struggles. The purpose of generational healing is to break recurring patterns of sin and suffering within your direct family line.

In addition to bringing greater freedom for you personally, this means stopping these family problems from passing on to your children and grandchildren. During the Break Free process, especially at the Encounter Weekend, you will learn how to break generational strongholds in your life and family.

Diagramming Your Family Tree

A family tree is used to diagram family history so you can see at a glance where the blessings and the problems are in each generation. The purpose of this is two-fold: First, to give you a greater understanding of the generational influences that helped shape your life, both positively and negatively, and second, to set the stage for focused prayer aimed at healing wounds from your past and breaking spiritual and emotional strongholds and negative patterns of behavior that have passed down through your family line.

Step one: Fill in the names on your family tree

Try to identify all your direct forebears, back to your great-grandparents. List your siblings and those of your parents and grandparents.

If you are married, have your spouse fill out a similar family tree for his/her family. (If you have been divorced, insert your former spouse's name also and try to reconstruct his/her family tree.)

If you are adopted, include whatever names or information you have (if any) about your biological family, as well as any information pertaining to your adopted family.

Step two: Identify generational blessings

Focus first on the blessings that appear in the generations of your family. These can be anything from good health and longevity to specific gifts and skills. As you identify blessings, list them on your family tree. Work from the top down.

Step three: Identify generational problems

Begin at the bottom of the family tree. List any problems or struggles you've had personally, or that your spouse and/or former spouse may have had.

Do the same with your children, your parents and your siblings. Continue up the family tree, filling in whatever details you know or can remember, taking note of any patterns of behavior or problems in your family line. Some of the struggles or strongholds may be obvious while others may be hidden or unknown to you. Don't worry about what you do not know. The Holy Spirit knows.

If you are adopted, include whatever information you have (if any) about your biological family, as well as any information pertaining to your adopted family.

If one or both of your birth parents were from a different nationality or culture, take note of any religious or spiritual practices commonly associated with that culture (e.g., worship of other gods, witchcraft or ancestor worship).

Be sure to pray as you do this, asking the Holy Spirit to bring to your memory – or reveal to you – any information about your family that God wants to heal. Be sure to list this information on your family tree.

Diagramming Your Family Tree

Examples of problems appearing in family generations:

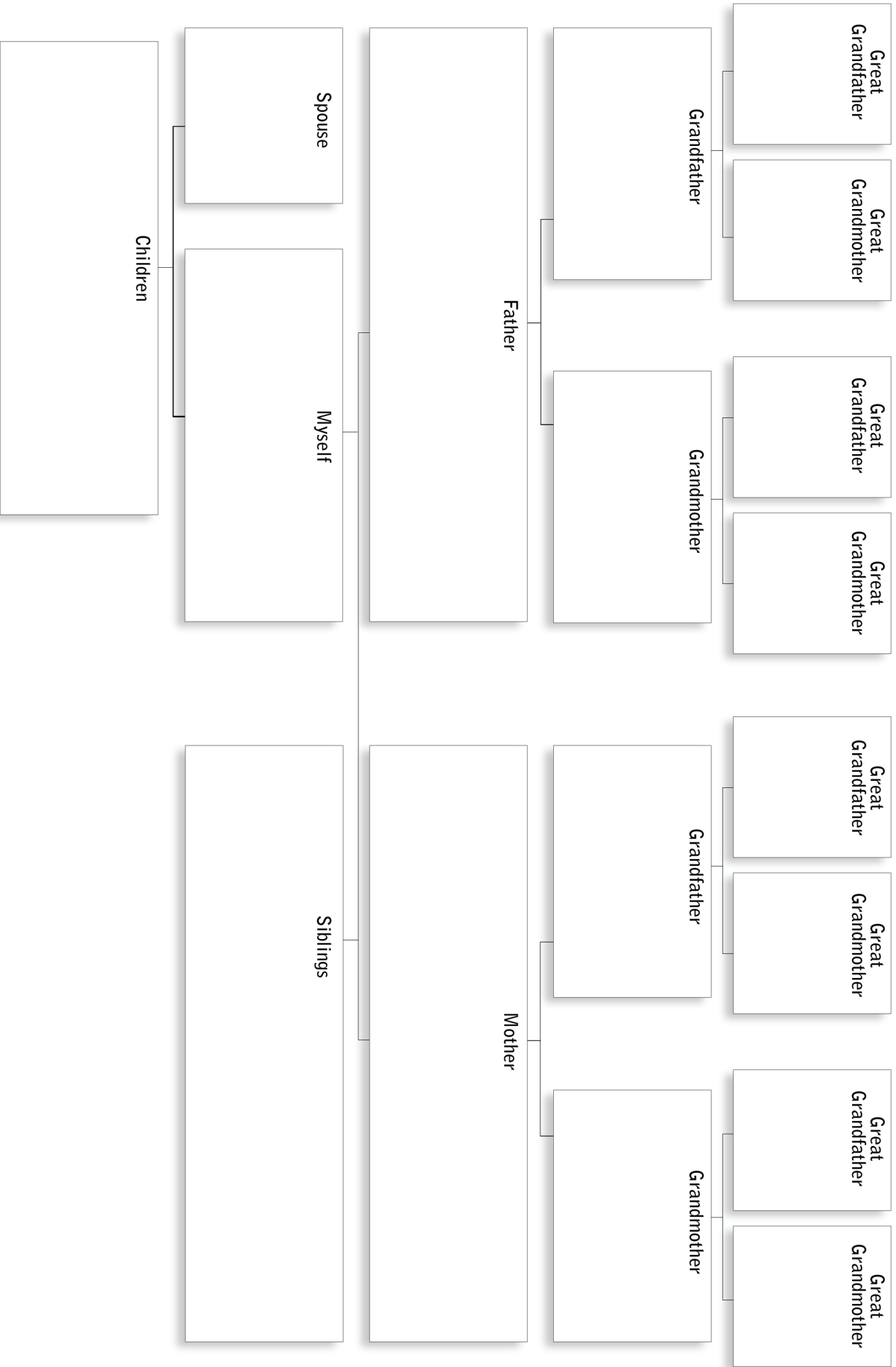
- Physical illness (e.g., arthritis, cancer, migraine headaches, heart problems, diabetes, obesity)
- Mental illness (e.g., depression, compulsive disorders, bi-polar, phobias)
- Emotional problems or traumas (e.g., anger, fear, bitterness, un-forgiveness, emotional scars from abuse, rape or abandonment)
- Demonic oppression and other forms of spiritual strongholds
- Habitual sins (e.g., addictions, sexual sins, violence, criminal acts)
- Gender issues (e.g., homosexual or bi-sexual behavior, cross-dressing)
- Abuse (verbal, physical, sexual)
- Broken relationships (e.g., divorce, estrangement from family)
- Ungodly relationships (e.g., sex or cohabitation outside of marriage, children born out of wedlock)
- Unnatural deaths (e.g., murder, suicide, abortion)
- Involvement in the occult (e.g., fortune-telling, astrology, Freemasonry, false religions or cults)
- Persistent financial failure (e.g., inability to acquire or hold a job, chronic indebtedness, uncontrollable spending)
- In-utero wounding (trauma in the mother's womb)
 - Fears/anxiety (mother had life-threatening illness or complications)
 - Abandonment/rejection (unwanted child, parent considered abortion or putting up for adoption)

As you meditate on all of these areas, ask the Lord for discernment and insight (i.e., where the problems had their beginning and how they passed from one generation to the next). You may want to go through this process more than once, as the Lord gives you additional revelation or insight about your generational history.

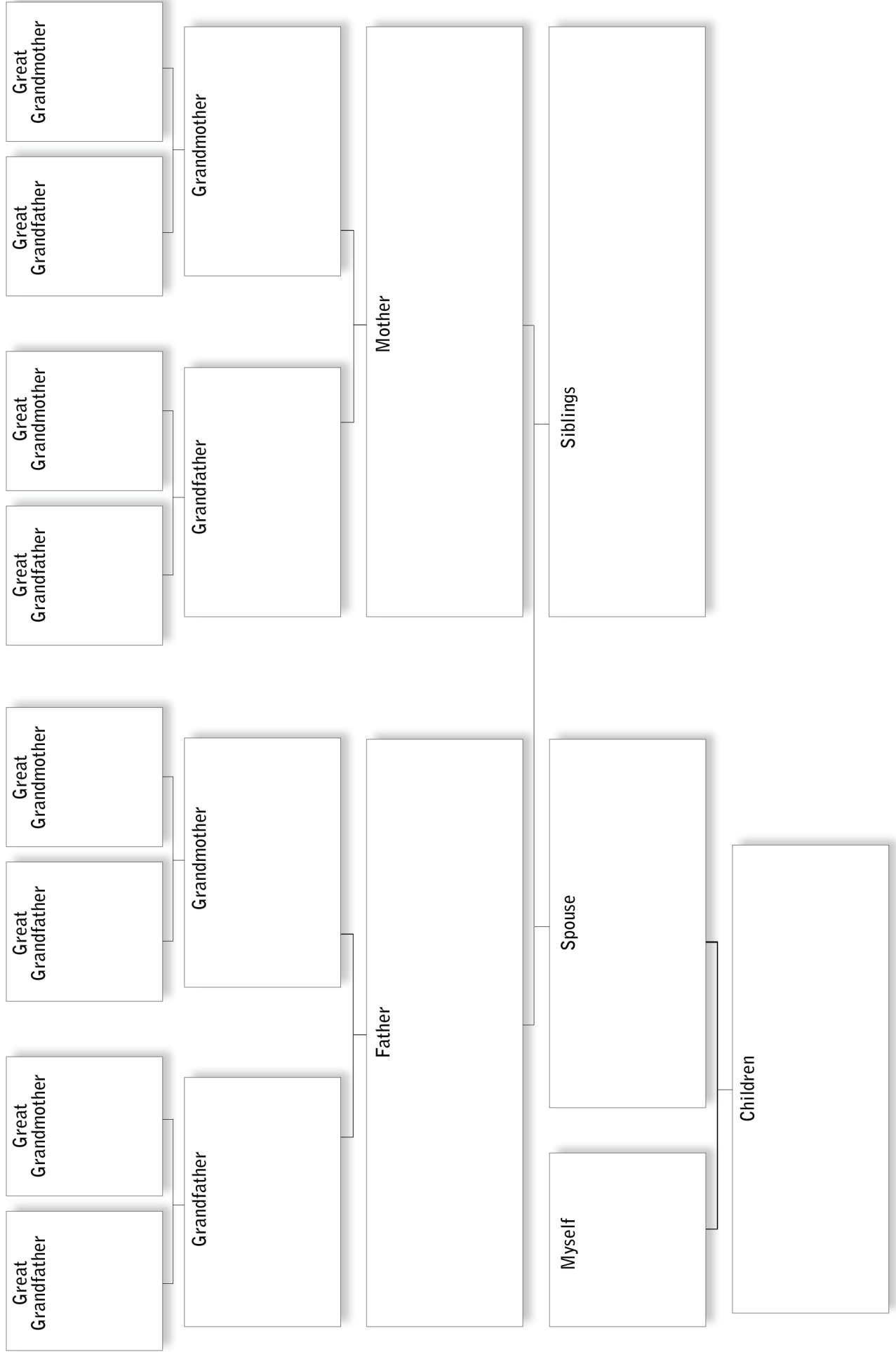
ISSUES ON MOTHER'S SIDE

ISSUES ON FATHER'S SIDE

My Family Tree



My Spouse's Family Tree



Likely or Potential Generational Issues

Review your notations in your family tree and try to identify problems or patterns of behavior in your family line that may have affected you – or for which you (or your descendants) may be at risk in the future. List them here as a preparation for prayer and healing.

1 Pre-Disposition (or heightened risk) to certain illnesses or diseases

2 Vulnerability to certain mental or emotional problems

3 Generational iniquity (patterns of sin and spiritual bondage in your family line)

4 Generational curses (recurrent misfortunes in your family line)

Preparing to *Break Free*

RESOLVE TO FINISH THE COURSE

AREAS OF STRUGGLE IN MY SOUL

WOUNDS THAT NEED HEALING

PEOPLE I NEED TO FORGIVE

STRONGHOLDS I NEED TO BREAK

GENERATIONAL INFLUENCES I NEED TO BREAK

LIES FROM THE ENEMY I NEED TO RENOUNCE

DOORS I NEED TO CLOSE

PREPARING FOR THE ENCOUNTER WEEKEND

Resolve to Finish The Course

Let us lay aside every weight, and the sin that so easily ensnares us, and let us run with endurance the race that is set before us. Hebrews 12:1

I have fought the good fight. I have finished the race. I have kept the faith. 2 Timothy 4:7

Congratulations for having traveled this far on the Break Free journey. You have run a good race. The finish line is in sight. The prize is within your reach: freedom from the things that have weighed you down and held you back in life.

The Bible says that faith comes by hearing the Word of God. During the Break Free process, you have received a treasure trove of powerful teaching addressing real-life, gut-level issues. You have heard truth; no doubt, some of this has been fresh revelation. Whether you know it or not – or feel it or not – your faith level has been raised. You have what it takes to finish the race.

Now it is time for you to draw on the deposit of God's Word that's been placed into your heart and mind. It is time to break free – to become free "through and through."

During the Encounter Weekend, all the teachings you have received and all that God has been showing you and stirring in your heart will come together in a life-changing experience.

We call it an encounter weekend because its purpose is to provide you an opportunity to encounter the living God in a personal and powerful way. We have seen countless lives radically changed during previous encounter weekends, and we are confident God will continue to be faithful in responding to the prayers and cries of His children.

The material in this section is intended to help you prepare yourself to get the maximum benefits from this special time in the presence of God. While all of us are depending on God to do the healing work, there are many steps you can take to prepare yourself to receive from the Lord. A key aspect of preparing to receive is to identify the specific areas of need in your life. Often, when Jesus encountered a person needing healing, He would say, "What do you want me to do for you?"

Many, if not most, of the people who come to the Encounter Weekend have multiple issues and needs in their lives. After all, we're dealing with a lifetime of experiences, and so the weekend is designed to address a broad spectrum of needs.

Use the materials on the following pages to explore and identify all the spiritual issues and needs in your life. If you must, err on the side of asking for more, rather than leaving the weekend with an unmet need. This weekend is designed and staffed for intensive prayer ministry.

As you go through this preparation process, **be aware and alert that the enemy does not want you to complete this race.** Just as he had a strategy to get you bound up in some area of your life, he will likely have a strategy for keeping you from breaking free. In the past, we've had participants experience sudden and unexplained illnesses, accidents, family disputes and other distressing or distracting incidents just prior to the Encounter Weekend.

If that happens to you, don't be deterred or discouraged. Take authority over the enemy in the name of Jesus – and press ahead. The Bible tells us to draw near to God, resist the enemy and he will flee from you.

One final exhortation: do everything you can to arrive on time and do not miss any of the sessions. All the ministry modules fit together and build on one another, so do not miss any of the sessions.

Areas of Struggle in My Soul

(sin, bondage, wounds, pain, generational influences, etc.)

In My Mind [thoughts]

In My Heart [feelings]

In My Will [choices]

Preparing for the Encounter Weekend

Be sure to register before the deadline ends.

Consider fasting prior to the Encounter Weekend.

- Total or partial food fast (or liquid diet)
- Fast from certain entertainment (e.g., social media, TV, video games)

Try to complete any unfinished homework or study materials.

- Remember you can access any teaching you missed via the church website

Be deliberate and thorough in identifying and listing the issues you need God to deal with during the weekend.

- Ask the Holy Spirit to show you things you might not be aware of.
- Be sure to bring your lists with you to the event (don't depend on your memory).
- Bring this Break Free study guide with you.

Be alert for the tactics of the enemy in trying to keep you from coming, or to spoil the experience.

- Don't give in to sudden physical symptoms, anger or anxiety attacks, or waves of doubt about the importance of the Encounter Weekend.
- If family tensions or disputes arise, recognize them as the work of the enemy and "put out the fire."
- Bind the enemy in Jesus' name. Be aggressive in shutting him down.
- Don't let anything stop you from coming!!

If you're coming with your spouse or another family member or close friend, concentrate on allowing God to deal with your issues, not theirs.

- Don't try to "coach," control or manipulate the person who came with you.
- Give them "space," freedom and privacy to meet God on their own.
- Focus on your own "stuff."

Make every effort to be on time for every session.

- Plan on arriving a little early so you don't arrive stressed or distracted.

Guard the environment in your home and family when you get home after the Friday night session.

- Try to get a good night's sleep
- Avoid electronic media

Staying FREE

Stand fast in the liberty by which Christ has made us free, and do not be entangled again with a yoke of bondage. (Galatians 5:1)

Now that you have been set free, it's important to know the steps necessary to stay free. Staying free is your responsibility. It involves five steps:

1 Restoring Our Soul

"The Lord is my Shepherd ... He restores my soul; He leads me in paths of righteousness." Psalm 23

Our soul is made up of our mind, our emotions and our will.

Restoration of our soul involves:

Healing our heart

"He heals the brokenhearted and binds up their wounds." Psalm 147:3

We must continue to bring our hurts and wounds to him for healing. This means:

- **Bringing our emotions under the control of the Holy Spirit**
Let all bitterness, wrath, anger, clamor and evil-speaking be put away from you, with all malice. Ephesians 4:31
- **Learning to walk in the Spirit**
I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh. Galatians 5:16
- **Cultivating the fruit of the spirit**
But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Galatians 5:22-23

Renewing our mind

"...do not be conformed to this world, but be transformed by the renewing of your mind ..."
Romans 12:2

We must feed on the Word of God and guard what we let into our minds.

Strengthening our will

Therefore strengthen the hands which hang down, and the feeble knees, and make straight paths for your feet, so that what is lame may not be dislocated but rather be healed.
Hebrews 12:12-13

We must seek God to re-empower our will.

Blessed is the man who endures temptation. James 1:12

We must determine to obey God at all costs and learn to say no to ungodly temptations.

2 Rebuilding Our Walls

Closing all doors to the forces of darkness

- *Don't re-open the doors that led to the bondages that were dealt with during the Break Free process.*
- No matter how powerful your break-through has been, if you leave any of those doors open or re-open them, there's a high probability that the enemy will regain control, and it may be worse the next time.
- Close up, lock up, seal off any potential entry points for the enemy to regain influence in your life.
- Carefully examine your life for other potential points of entry for the enemy.
- Especially, make sure you have broken all ties with practices or groups rooted in the occult, false religions or idolatry.
- Follow through on spiritual housecleaning, asking the Holy Spirit to reveal any other contacts or "contact objects" that need to be removed.
- Be aggressive in cleansing your lives and your homes of any ungodly associations, images or objects.

Establishing new habit patterns

Avoid people, places and practices associated with your past areas of bondage.

Do not be deceived: Evil company corrupts good morals. I Corinthians 15:33

I have restrained my feet from every evil way. Psalm 119:101

Direct my steps by Your word, and let no iniquity have dominion over me. Psalm 119:133

I will set nothing wicked before my eyes. Psalm 101:3

Setting up a system of accountability

- Be rightly related to the leadership of the church.
Obey those who rule over you and be submissive, for they watch out for your souls.
Hebrews 13:17
- Develop some close relationships with trusted believers who can speak truth into your life.
Confess your trespasses to one another and pray for one another that you may be healed.
James 5:16

3 Resisting The Devil

- **Put on the full armor of God.** (*Ephesians 6:10-18*)
- **Be prepared to engage in spiritual warfare.** (*Ephesians 6:18*)

Resist him, steadfast in the faith... 1 Peter 5:9

Draw near to God; resist the devil, and he will flee from you. James 4:7

4 Refilling The Empty Places

In Matthew 12:43-44 and in Luke 11:24-26, Jesus gives us a sobering warning:

"When an unclean spirit goes out of a man, he goes through dry places, seeking rest and finds none. Then he says, 'I will return to my house from which I came.' And when he comes, he finds it empty, swept and put in order. Then he goes and finds seven other spirits more wicked than himself, and they enter and dwell there, and the last state of that man is worse than the first."

Read this passage as it is presented in The Message Bible:

"When a defiling evil spirit is expelled from someone, it drifts along through the desert looking for an oasis, some unsuspecting soul it can bedevil. When it doesn't find anyone, it says, 'I'll go back to my old haunt.' On return it finds the person spotlessly clean, but vacant. It then runs out and rounds up seven other spirits more evil than itself and they all move in, whooping it up. That person ends up far worse off than if he'd never gotten cleaned up in the first place."

We need to ask the Holy Spirit to fill those places in our lives where the enemy once had strongholds. Let those areas of your life become strongholds of God, where He lives and rules.

5 My Next Steps

Use this space to note specific steps you need to take to stay free:



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4020 Maizeland Rd Colorado Springs, CO 80909
719-597-4402 · radiantchurch.org