

A teal rectangular background featuring abstract geometric patterns of triangles and polygons in various shades of blue and teal, primarily concentrated on the left and right sides.

# **FREEDOM**

## **FINDING IT AND KEEPING IT**

August 20<sup>th</sup>, 2017

*Oh, what a miserable person I am! Who will free me from this life that is dominated by sin and death? - Romans 7:24 NLT*

## HOW TO OVERCOME MY SELF-DESTRUCTIVE WAYS (Part 2)

1. Overcoming Shame Through Embracing What Jesus Did for Me
2. Overcoming Uncontrolled Thoughts Through Adopting the Mindset of the Spirit
3. Overcoming Compulsions Through Learning to Say “NO!”
4. Overcoming Fear Through Turning My Thoughts to Abba

### 5. Overcoming Hopelessness

#### Through Keeping My Eyes on Eternity

*Since we are his children, we will possess the blessings he keeps for his people, and we will also possess with Christ what God has kept for him; for if we share Christ's suffering, we will also share his glory. <sup>18</sup> I consider that what we suffer at this present time cannot be compared at all with the glory that is going to be revealed to us.  
- Romans 8:17-18 GNT*

*The world and everything in it that people desire is passing away; but those who do the will of God live forever. - 1 John 2:17 GNT*

### 6. Overcoming Bitterness

#### Through Knowing God is in Control

*Against its will, all creation was subjected to God's curse. But with eager hope, <sup>21</sup> the creation looks forward to the day when it will join God's children in glorious freedom from death and decay. <sup>22</sup> For we know that all creation has been groaning as in the pains of childbirth right up to the present time. - Romans 8:20-22 NLT*

# FOUR KEYS TO CONQUER BITTERNESS

## 1. The Holy Spirit is Praying for Me.

*In the same way the Spirit also comes to help us, weak as we are. For we do not know how we ought to pray; the Spirit himself pleads with God for us in groans that words cannot express. - Romans 8:26 GNT*

## 2. God is Using Everything for My Good.

*And we know that in all things God works for the good of those who love him, who have been called according to his purpose. - Romans 8:28 NIV*

## 3. God Wants Me to Succeed.

*What shall we say about such wonderful things as these? If God is for us, who can ever be against us? - Romans 8:31 NLT*

## 4. God Will Give Me What I Need.

*Since he did not spare even his own Son but gave him up for us all, won't he also give us everything else? - Romans 8:32 NLT*

## 7. Overcoming Insecurity

### Through Securing My Heart in God's Love

*And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God's love. <sup>39</sup>No power in the sky above or in the earth below—indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord.  
- Romans 8:38-39 NLT*

*For the Spirit that God has given us does not make us timid; instead, his Spirit fills us with power, love, and self-control. - 2 Timothy 1:7 GNT*

## My Next Step This Week...

- ☐ Memorize **2 Timothy 1:7**.
- ☐ Plan to get into a Freedom Group this fall, starting in September.
- ☐ Give my life to Jesus as Savior and Lord, for the first time.