

“Free at Last”

Overcoming the Torment of the Mind

*Come with an expectant heart to have your life  
and your mind transformed!!!!*





Is Life Overwhelming You?

*Does your Mind Torment you with fear?*





Struggle With Relationships?

*Does it seem impossible to keep friends?*



# “Free At Last”

- Keys to not place significance on others actions who can and have wounded you
- Tools on how to respond to offenses and use them as ways to grow personally
- Learn how to communicate when being verbally attacked
- How to properly judge and appropriate your thoughts in all circumstances



# Experiencing the True Peace of God

*Growing Healthy  
Relationships through Christ  
who Strengthens You!!!*





Luke 17:1-*“It is impossible but that offenses come.”*

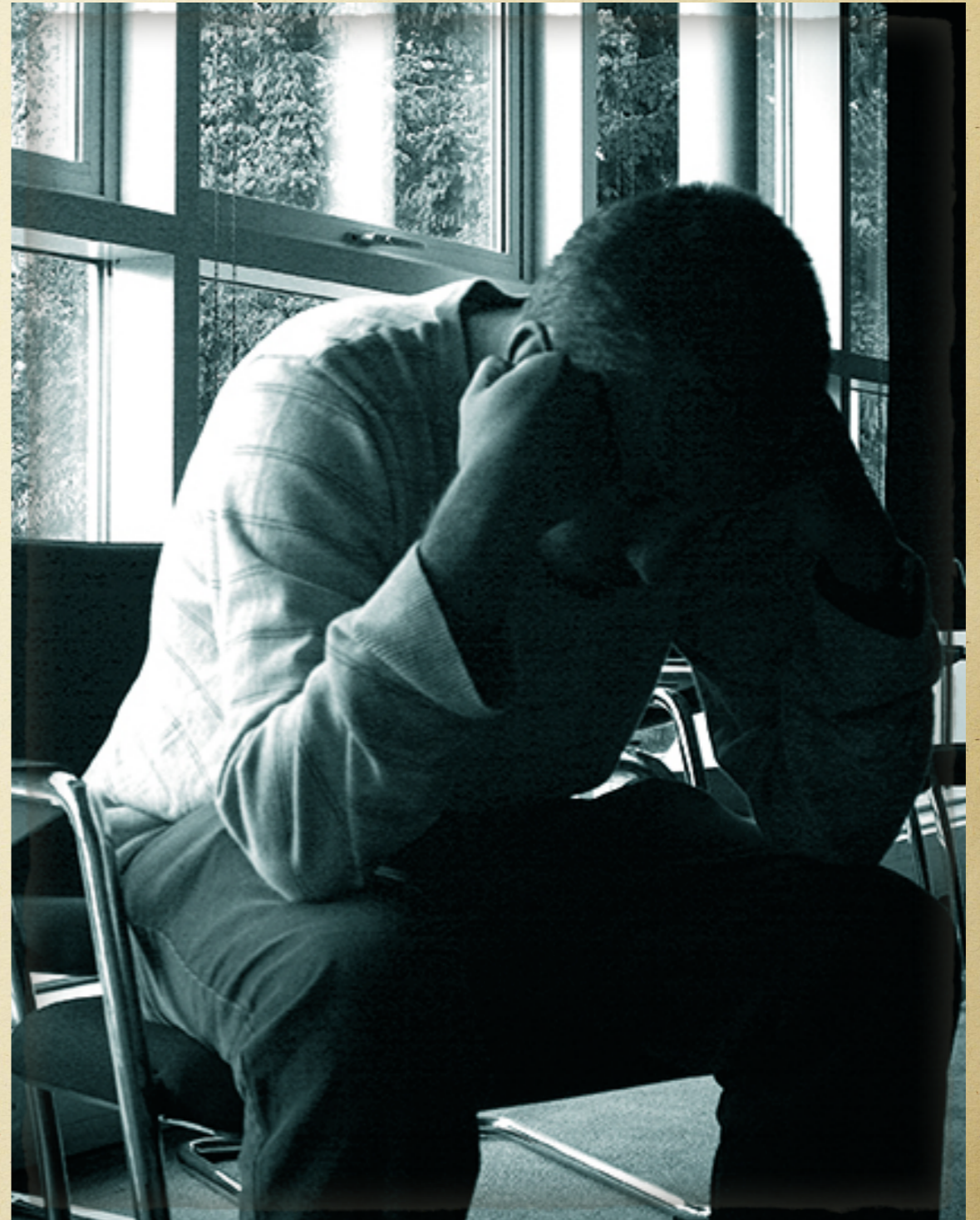
*“It is inevitable that stumbling blocks come, but woe to him through whom they come.”*

*Avoiding the Woe's of God!!!*



Judging Others  
Motives is a Path  
to Depression

*Releasing others from your  
judgments sets you free!!!*





Jer 17:5,9-10:-“Thus says the Lord,  
Cursed is the man who trusts in  
mankind and makes flesh his  
strength...The heart is more deceitful  
than all else and is desperately sick;  
Who can understand it? I, the Lord,  
search the heart, I test the mind, Even  
to give to each man according to his  
way, According to the results of his  
deeds.”



**Matt 7:1-2-“Do not judge so that you will not be judged. For in the way you judge, you will be judged; and by your measure, it will be measured to you.”**

This scripture tells us that if we judge other people, other people are going to judge us, not God judging us. Parallel scripture is Luke 6:38-**“Give, and it shall be given unto you; good measure, pressed down, and shaken together, and running over, shall men give into your bosom.”**



# Signs of Pride (VS) Humility

- Proud people have a critical, fault-finding spirit. They look at everyone else's faults with a microscope and their own with a telescope. Humble people are compassionate-they have the kind of love that overlooks a multitude of sins; they can forgive much because they know how much they have been forgiven.



Matt 7:3-“Why do you look at the speck that is in your brother’s eye, but do not notice the log that is in your own eye?”

*Always Remove the Log  
in your own eye first for  
clearer vision!*

