

## SET FREE FROM ME! The Fight of Faith: Round 1

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Pastor Brian

### SEVEN WEAPONS OF SELF-DESTRUCTION

- 1) Shame.
- 2) Uncontrolled thoughts.
- 3) Compulsions.
- 4) Fear.
- 5) Hopelessness.
- 6) Bitterness.
- 7) Insecurity.

*“Oh, what a terrible predicament I'm in! Who will free me...?”  
(Romans 7:24, The Living Bible)*

### SEVEN TACTICS FOR DESTROYING STRONGHOLDS

#### 1. **RELY** ON WHAT JESUS DID FOR ME.

*“So there is now no condemnation awaiting those who belong to Christ Jesus. For the power of the life-giving Spirit—and this power is mine through Christ Jesus—has freed me from the vicious circle of sin and death. We aren't saved from sin's grasp by knowing the commandments of God because we can't and don't keep them, but God put into effect a different plan to save us...” (Romans 8:1–4, The Living Bible)*

#### 2. **REDIRECT** MY MIND WITH THE POWER OF THE HOLY SPIRIT.

*“Those who live according to the sinful nature have their minds set on what that nature desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. The mind of sinful man is death, but the mind controlled by the Spirit is life and peace;” (Romans 8:5–6, NIV84)*

#### 3. **REJECT** THE NOTION THAT I MUST SIN!

*“But you are not controlled by your sinful nature. You are controlled by the Spirit if you have the Spirit of God living in you. (And remember that those who do not have the Spirit of Christ living in them do not belong to him at all.)” (Romans 8:9, NLT)*

*“So, dear brothers, you have no obligations whatever to your old sinful nature to do what it begs you to do.” (Romans 8:12, The Living Bible)*

#### 4. **RUN** TO THE FATHER WHENEVER I AM AFRAID.

## SET FREE FROM ME

### The Invisible War – Part 3

*“Those who are led by God’s Spirit are God’s children. For the Spirit that God has given you does not make you slaves and cause you to be afraid; instead, the Spirit makes you God’s children, and by the Spirit’s power we cry out to God, “Father! my Father!” God’s Spirit joins himself to our spirits to declare that we are God’s children.” (Romans 8:14–16, GNB)*

*“Also, the Spirit helps us with our weakness. We do not know how to pray as we should. But the Spirit himself speaks to God for us, even begs God for us with deep feelings that words cannot explain. God can see what is in people’s hearts. And he knows what is in the mind of the Spirit, because the Spirit speaks to God for his people in the way God wants.” (Romans 8:26–27, NCV)*

#### 5. **REALIZE THE LONG TERM.**

*“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. 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, GNB)*

#### 6. **REMEMBER, GOD IS IN CONTROL.**

*“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)*

*“What shall we say about such wonderful things as these? If God is for us, who can ever be against us? 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 8:31–32, NLT)*

#### 7. **REST IN THE TRUTH THAT GOD WILL NEVER STOP LOVING ME!**

*“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. 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)*

**ACTION STEP:**  
**CELEBRATE RECOVERY**