

# Becoming Fully Alive!



"So if the Son sets you free, you will be free indeed."

John 8:36 (NIV)

Part 3: Winning The War For Your Heart  
Session 7: Becoming Fully Alive

Freedom

*Becoming Fully Alive!*

 **FRESH START**

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# Freedom

*Becoming Fully Alive!*

## ***PART 3: Winning The War For Your Heart***

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# I. BECOMING FULLY ALIVE

*“So if the Son sets you free, you will be free indeed.”*

*John 8:36 (NIV)*

## A. FREE TO BE “THE REAL YOU”

*“Therefore if anyone is in Christ, he is a new creation: the old has gone, the new has come!” II Corinthians 5:17 (NIV)*

1. Is your belief about the “Real You” based on your Heavenly Father’s Love for you?
2. Are you the sum total of your life’s experiences or some defining part thereof, or are you who your Heavenly Father says you are?
3. Is your history your identity, or is your identity an expression of HIStory?

## B. FREEDOM FROM, “THE REAL PROBLEM”

*“All of us like sheep have gone astray, each of us has turned to his own way; but the Lord has caused the iniquity of us all to fall on him.” Isaiah 53:6 (NASB)*

1. Do you know that every sin has the same DNA —Me-First? And, of course, Me-First is rooted in the sin of pride.
2. Which kind of pride can you most identify with: thinking too highly, thinking too lowly, or thinking too much about yourself? Are you always on your mind?
3. Does any person, place or thing have more power, influence, or effect on you more than Jesus Christ and Who He wants to be to you? If so, did you know that this would be a form of idolatry: “You shall have no other gods before me.” Exodus 20:3 NIV

## C. THE PRICE OF FREEDOM

*“I have been crucified with Christ; and it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me, and delivered Himself up for me.” Galatians 2:20 (NASB)*

1. Is your goal happiness? Or, is your goal Jesus, for Himself? It is the difference between wanting Jesus for Himself, and wanting what you can get from Him.

2. Do you know that experiencing Freedom is a process, including “positives” and “negatives,” intended by God to bring us to the Cross, which is His means to His Goal – Himself, and experiencing His life?
3. The Price of Freedom: Are you willing to invite Jesus Christ to do whatever He wants with your life, using “positives” and “negatives”, to conform you into His Image and make you the son or daughter He desires?

#### **D. FREE TO FORGIVE**

***“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.” Ephesians 4:32 (NIV)***

1. What does it mean to forgive? What it is not: Forgetting or minimizing the offense, saying it is “OK,” or condoning it. What it is: Forgiving someone cancels the “debt,” which frees the forgiver, but does not free the offender from responsibility to the Lord. Forgiveness is extended unconditionally, realizing that the offense may reoccur. It is a separate issue from trusting the offender or considering any ongoing relationship with him/her.
2. Do you know that an unforgiving spirit is never satisfied? It is always making a demand or making a claim based on what it thinks is “right.” It is also characterized by a “pay me what you owe me” attitude.
3. What then would characterize a forgiving spirit? When faced with the thought that an offense might reoccur, the forgiver “cancels the debt” (forgives) “in advance,” and has the attitude that the other person “owes me nothing for my sake, because Jesus has given me everything.”

#### **E. FREE TO LOVE AND TO BE LOVED**

***“We love because he first loved us.” I John 4:19 (NIV)***

1. Do you realize that there is no greater “Love Test” than to forgive someone? Jesus Christ is our example of the greatest act of sacrificial love in history, and what it cost Him to purchase our forgiveness.
2. As you relate to others, is your resource for loving them, the love, or lack thereof, which they have expressed to you? Or, is your source for loving them the Love of God that He has poured into your heart?
3. Have you noticed that often those who say they don’t have a great need for love **from** others, often are not very expressive of love **to** others? Isn’t it true that when you have “tasted” the love of God and have experienced it expressed through others, you are all the more motivated to express His love to others?

## **F. FREE FROM THE MESSAGE OF THE ARROWS**

***“You will not be afraid of the terror by night or the arrow that flies by day...”***  
***Psalm 91:5 (NASB)***

1. Do you know that every arrow is dipped in the poison of pride and will keep you from being free to be the Real You?
2. Do you know that The Arrows are enemies of intimacy, with God and with one another?
3. Do you know that when you are free from “The Message of the Arrows,” you are free to be the Real You, and “becoming fully alive?”

## **G. FREE FROM THE ARROW OF PRIDE**

***“The reward of humility and the fear of the Lord are riches, honor, and life.”***  
***Proverbs 22:4 (NASB)***

1. Are you looking for riches, honor, and a fulfilled, contented, and happy life? Is this your goal, or will it be your reward?
2. Have you ever noticed what letter is in the middle of the word pride? “I.”
3. Do you know that pride is an issue of significance?
4. GOD’S ANTIDOTE FOR THE ARROW OF PRIDE: Humility and the Fear of the Lord – Agree with God and make Jesus the Reason!

## **H. FREE FROM THE ARROW OF SHAME**

***“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 (KJV)***

1. Do you know that when God forgives, He not only takes care of the penalty of our sin, but He also takes away the “stain” of our sin? And, because Jesus came to defeat the works of the Devil, He even takes away the “stain” of sins committed against us!
2. Do you know that your healing and restoration involves not only taking full responsibility for your part, but also includes allowing others to take full responsibility for their part, even if they don’t?
3. Do you know God’s remedy for your feelings of false guilt or shame when the guilty person is someone other than you? Agree with God, and give the guilt to whom it belongs. Get the “shame off you”!
4. GOD’S ANTIDOTE FOR THE ARROW OF SHAME: Receive your Sonship! You are a favored son/daughter

## **I. FREE FROM THE ARROW OF FEAR**

*“There is no fear in love. But perfect love drives out fear...” I John 4:18 (NIV)*

1. Do you know that the fear of man is an issue of idolatry? Someone’s opinion or approval is too important. That person has more power, influence, and effect on you than God, and who He wants to be to you.
2. Do you know that fear is an issue of security? Do you believe that God really loves you and wants to take care of you?
3. Do you believe that if God is allowing something in your life, then you must need it for His sovereign will and purposes to be accomplished in your life?
4. **GOD’S ANTIDOTE FOR THE ARROW OF FEAR:**  
Receive God’s Perfect Love and allow Him to take care of you!

## **J. FREE FROM THE ARROW OF REJECTION**

*“To the praise of the glory of his grace, wherein he hath made us accepted in The Beloved.” Ephesians 1:6 (KJV)*

1. Do you know that although Jesus Christ experienced more rejection than anyone ever has or will, He was not a “victim”? He knew Who He was; He knew Whose He was; He knew why He was here; He came to do the will of His Father!
2. Isn’t it interesting, to contrast Jesus’ response to rejection and Cain’s response to perceived rejection (his offering not being acceptable to the Lord)? Cain took a life (his brother Abel), and Jesus gave His Life for the entire human race!
3. Do you know that how you see yourself, or what you believe about yourself will affect how you live and how you relate to others? In relating to others, what if everyone on planet earth rejected you? Would the acceptance you have in Jesus Christ be enough? Settle this issue AT THE EXTREME: Let His acceptance be enough!
4. **GOD’S ANTIDOTE FOR THE ARROW OF REJECTION:**  
Reject rejection, and receive your acceptance in Jesus Christ!

## K. FREE FROM THE ARROW OF ANGER

***“Be angry, and yet do not sin; do not let the sun go down on your anger, and do not give the devil an opportunity.” Ephesians 4:26-27 (NASB)***

1. Do you know that anger is a signal or an alarm to let us know that something is or may be out of order in our hearts?
2. Regarding anger, have you ever heard it said that anger is a feeling or emotion that is neither right nor wrong, but what you do with it is the important thing? This would appear to be an incomplete statement according to God’s Word. It is true that a person can be angry without sinning (Ephesians 4:26), but the examples of anger mentioned in Ephesians 4:31, I Samuel 18:8, and Genesis 4:5 are clearly not neutral, but were unacceptable to the Lord. And, yes, righteous, wrong, or even neutral, what we do with anger is of utmost importance, as we can see in Ephesians 4:26-27.
3. Do you know that in order to get the Arrow of Anger fully out of your heart, the Arrows of Pride, Shame, Fear, and Rejection, which may be contributing to your anger, will need to come out too?
4. GOD’S ANTIDOTE FOR THE ARROW OF ANGER:  
Submit to the Sovereign Will and Purposes of God!

## L. FREE FROM THE ARROW OF DEPRESSION

***“Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God...” Psalm 42:5 (NIV)***

1. Do you know that if you are always on your mind, it will deepen your depression? Conversely, if you put your hope in God and He is always on your mind, it will help in a major way in being free from the Arrow of Depression.
2. Do you realize that any one of the Arrows – Pride, Shame, Fear, Rejection, or Anger could be contributing in a major way to your depression?
3. Do you know that depression is an issue of hope?
4. GOD’S ANTIDOTE FOR THE ARROW OF DEPRESSION:  
Put your Hope In God!

## **M. TEARING DOWN SPIRITUAL STRONGHOLDS**

***“For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.” II Corinthians 10:3-5 (NIV)***

1. Do you realize that there is a war going on for your heart? The Enemy of your soul, Satan, though He is a defeated foe, is like a terrorist who is waging war.
2. Do you realize how important it is that you “guard your heart above all things” because, in Christ, your heart is a Treasure, not “trouble” like it used to be?
3. Are you aware that if you receive “The Message of the Arrows”, that strongholds will form in your life, such as Houses of Thought, Fortresses of Feelings, Systems of Sentiment, and Collections of the Counterfeit, all of which do not agree with God?

## **N. PUTTING ON THE ARMOR OF GOD**

***“Finally, be strong in the Lord and his mighty power. Put on the full armor of God so that you can take your stand against the devil’s schemes.” Ephesians 6:10-11 (NIV)***

1. Do you know that Jesus, Himself, is the Armor of God? He is our Truth, our Righteousness, our Readiness, our Faith, our Salvation, and the Word (The Sword of the Spirit). When we put on the Armor of God, thus putting on Christ, we are appropriating His very Life.
2. Do you realize that “The Battle is the Lord’s”?
3. Are you confident that He will give you the Victory?

## **O. TAKING EVERY THOUGHT CAPTIVE**

***“...and we are taking every thought captive to the obedience of Christ.” II Corinthians 10:5b (NASB)***

1. Does your “heart life” ever commit treason against your Commander in Chief, Jesus Christ? In order to win the war for your heart, you must “take every thought captive” and make it obey Jesus.



2. Are you aware that “taking every thought captive” involves rejecting all “victim thinking,” all “orphan thinking,” and all “stinking thinking,” none of which agree with God?
3. Do you realize that if you don’t “take every thought captive to the obedience of Christ,” that the Enemy will try to take you “captive?”

**P. ESCAPING TEMPTATION**

***“No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make a way of escape.”***

***II Corinthians 10:13 (NKJV)***

1. Do you know that Jesus, Himself, is the “way of escape” from temptation?
2. Are you aware that in order to “win the war for our hearts,” we must not allow the temptations that appear on the “radar screen” of our heart to define us. Instead, we must allow our Commander In Chief, Jesus Christ, to be The One Who defines us.
3. We must “counter” our Enemy’s “counterfeit intelligence” by renewing our minds with the Truth about us, according to God and His Word, instead of believing every “blip” on the “radar screen” of our hearts.

**Q. EXERCISING YOUR SPIRITUAL AUTHORITY**

***“The seventy-two returned with joy and said, ‘Lord, even the demons submit to us in your name.’ He replied... ‘I have given you authority...to overcome all the power of the enemy... However, do not rejoice that the spirits submit to you, but rejoice that your names are written in heaven.’” Luke 10:17-20 (NIV)***

1. Do you realize that you must be submitted to the authority of Jesus Christ, and growing in intimate relationship with Him in order to effectively exercise your spiritual authority?
2. Are you confident in exercising your spiritual authority? If you are believing any part of “The Message of the Arrows,” your confidence will be impaired.
3. Do you realize that when you respond “in the opposite spirit” in the face of problems and persecutions, that great spiritual authority is released because of your meekness and humility?

**R. WIELDING THE WEAPONS OF OUR WARFARE**

*“For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds.” II Corinthians 10:3-4 NIV*

1. Are you passive or pro-active in the midst of the battle for your heart?
2. Are you confident in handling with full command and authority, the Weapons of The Word of God, The Name of Jesus, and The Blood of the Lamb? These are the Primary Weapons of our Warfare.
3. When was the last time you exercised your authority in Christ and “deployed” one or more of the weapons of your warfare?

**ARE YOU “BECOMING FULLY ALIVE”?**

**WHAT IS IT LIKE TO BE FULLY ALIVE?**

**My prayer is that the following would be your living testimony:**

**“I AM BECOMING...**

**FREE TO LOVE AND TO BE LOVED,**

**FREE TO GIVE AND FREE TO RECEIVE,**

**AND FREE TO LIVE THE LIFE AS THE SON OR DAUGHTER**

**THAT MY HEAVENLY FATHER DESTINED ME TO LIVE...**

**FULLY ALIVE AND FREE!!!”**

**YOU CAN LIVE FREE!**