

# Steps to Freedom

## Scripture Focus

**“Then you will know the truth, and the truth will set you free.”**

—John 8:32 NIV

**“It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.”**

—Galatians 5:1 NIV

## Overview

Many Christians live saved, but not fully free. Though they have been redeemed by the blood of Jesus, they still struggle with fear, shame, guilt, self-condemnation, and old patterns of thinking. This is because freedom requires more than forgiveness. It requires transformation.

Christ has already made freedom available, but we must learn how to walk in it. Freedom does not happen by accident. It comes as we embrace truth, reject deception, take responsibility, and walk daily with the Holy Spirit.

### **1. Assume Responsibility for Your Own Actions and Attitudes**

The first step to freedom is ownership.

We cannot blame others for what only we can surrender. There may be things that happened to us that were outside of our control, but how we respond, heal, grow, and surrender is something we must bring before God.

Freedom begins when we stop pointing outward and start looking inward.

God’s grace empowers us to change, but He will not force us to choose. We must take responsibility for our thoughts, attitudes, reactions, decisions, and spiritual condition.

A free life begins with an honest heart.

### **2. Remove Lies and Replace Them with Truth**

Satan’s most effective weapons are lies.

If the enemy can convince you to believe something false, he can influence how you live, how you see yourself, and how you respond to God. Lies may sound like:

“I’m not enough.”

“God can’t forgive me.”

“Things will never change.”

“I will always be this way.”

“My past defines me.”

But the truth of God’s Word says something different.

**“Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!”**

—2 Corinthians 5:17 NIV

**“Therefore, there is now no condemnation for those who are in Christ Jesus.”**

—Romans 8:1 NIV

You do not fight lies with feelings. You fight lies with truth.

Truth is not just information. Truth is a weapon. And when truth is received, believed, and practiced, it leads to freedom.

### **3. Identify and Remove Deception in Your Life**

Deception thrives where there is ignorance, pride, compromise, or hidden sin.

This is why we must invite the Holy Spirit to search our hearts. David prayed:

**“Search me, God, and know my heart; test me and know my anxious thoughts.”**

—Psalm 139:23 NIV

Freedom requires honesty before God. We must ask Him to reveal the blind spots in our lives—places where we have accepted false beliefs, made excuses for compromise, or allowed hidden things to remain untouched.

When deception is uncovered, we should not justify it, defend it, or ignore it. We must repent, realign, and return to the truth of God’s Word.

God exposes what He intends to heal.

### **4. Walk in the Spirit Daily**

Freedom is not just a one-time moment. It is a daily walk.

You cannot live a free life on yesterday’s decision. Every day, we must choose surrender.

Every day, we must choose truth. Every day, we must choose to walk in step with the Spirit.



This happens through prayer, Scripture, obedience, worship, and daily dependence on God.

Freedom is not just the absence of bondage. Freedom is the presence of Jesus ruling your heart and mind.

When the Spirit leads your life, the enemy no longer gets to control your thoughts, your emotions, or your identity.

### **Reflection Questions**

1. Are there any lies you have believed that are keeping you bound?
2. Have you taken full responsibility for your spiritual condition, or have you been blaming others for what God is asking you to surrender?
3. What truth from God's Word do you need to replace deception with today?
4. What daily step can you take to walk more consistently in the Spirit?

### **Prayer**

Father, thank You for calling me to freedom. I confess the ways I have given room to the enemy through lies, deception, fear, shame, and wrong thinking. Today, I take responsibility for my heart and my choices. I choose Your truth over every lie. Search me, reveal what needs to change, and help me walk in the Spirit daily. Teach me to live in the freedom Christ died to give me. In Jesus' name, Amen.