



From Bondage to Freedom
Series: Walking in Freedom
Speaker: Pastor Tyrone King

DAY 1: THE BATTLE BEGINS IN THE MIND

PROVERBS 23:7, ROMANS 12:2, PHILIPPIANS 4:8

Devotional: Your thoughts shape your reality. As a man thinks in his heart, so is he. Before bondage manifests in your actions, it takes root in your thinking. The enemy cannot keep you bound if he loses access to your mind. Today, examine what thoughts you've allowed to settle in your heart. Are they aligned with God's truth or the enemy's lies? Renewing your mind is not a one-time event but a daily discipline. When destructive thoughts arise, immediately cast them down and replace them with Scripture. What controls your mind eventually controls your life. Choose today to set your mind on things above, allowing God's Word to transform your thinking patterns and lead you toward freedom.

Reflection:

1. The Power of Thinking

- Pastor Tyrone stated, "What controls your mind eventually controls your life." Can you identify an example from your own life where your thinking led to specific actions or patterns?
- How does Proverbs 23:7 ("as he thinks in his heart, so is he") play out practically in daily life?



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DAY 2: BREAKING GENERATIONAL PATTERNS

HEBREWS 12:1-2, 2 CORINTHIANS 10:3-5, EXODUS 20:5-6

Devotional: Sin easily besets us—it entangles and ensnares, creating patterns that can span generations. Many strongholds are not external circumstances but internal agreements with false beliefs passed down through families. Perhaps you've inherited thought patterns about relationships, money, self-worth, or identity that contradict God's truth. Today is your day to break the cycle. You are not destined to repeat the mistakes of previous generations. Through Christ, you have authority to cast down every imagination that exalts itself against God's knowledge. Identify one generational pattern in your life, speak God's truth over it, and declare your freedom. Remember: what you consistently think about, you eventually become. Choose to think like Christ.

Reflection:

1. The Monkey Trap Illustration:

- What did you think about the illustration of the monkey trapped because it wouldn't let go of the candy?
- What are some "candies" (desires, relationships, habits) that people hold onto even though they're trapped?
- What would it look like to "just let go" in your current situation?



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DAY 3: KNOWING THE TRUTH THAT SETS YOU FREE

JOHN 8:31-36, GALATIANS 5:1, PSALM 119:45

Devotional: Jesus promised that knowing the truth would make you free. But here's the critical question: do you really want to be free? Sometimes we pray for freedom while secretly clinging to what binds us. True freedom requires surrendering your version of truth for God's absolute truth. It demands letting go of what feels comfortable but keeps you captive. Like the monkey trapped because it won't release the candy, many believers remain spiritually bound while holding tightly to lies disguised as desires. Freedom is available—the chains are already broken through Christ's finished work. All you must do is open your hand and walk out of the mental prison you've constructed. Stand firm in the freedom Christ purchased for you, and refuse to submit again to bondage.

Reflection:

1. What is the difference between being spiritually free but mentally trapped, and how can believers move toward complete freedom in both areas?
2. The pastor mentions that not every prison has bars and some are built on thoughts and lies. What invisible prisons have you constructed in your own life?



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DAY 4: YOU ARE GOD'S WORKMANSHIP

EPHESIANS 2:10, 2 CORINTHIANS 5:17, PHILIPPIANS 1:6

Devotional: Stop believing the lie that you're too broken, too damaged, or too far gone. You are God's workmanship, created in Christ Jesus for good works prepared beforehand. Before you ever stumbled, God already planned your redemption and purpose. You are not defined by your past failures but by Christ's finished work. The old has passed away; you are a new creation. God who began a good work in you will complete it. This isn't wishful thinking—it's divine promise. Today, reject every label the enemy has placed on you: unworthy, damaged, hopeless, trapped. Replace those lies with truth: redeemed, restored, chosen, free. Your identity is not found in your struggles but in your Savior. Walk confidently in who God says you are.

Reflection: Casting Down Imaginations

1. According to 2 Corinthians 10:4-5, we're called to "cast down every vain imagination." What does this look like practically?
2. Share an example of a thought or imagination you've had to actively cast down. What helped you do that?



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DAY 5: WALKING IN DAILY FREEDOM

GALATIANS 2:20, ROMANS 6:17-18, JAMES 4:7

Devotional: It is no longer you who live, but Christ who lives in you. This truth revolutionizes everything. You're not fighting for victory; you're fighting from victory. Christ has already won, and you share in His triumph. Walking in freedom is a daily choice to resist the devil, reject lies, and renew your mind. When old thoughts return, resist them immediately—and the enemy will flee. Don't submit again to what once enslaved you. Freedom isn't just about breaking chains; it's about maintaining a transformed mindset. Your life is changing because your mind is changing. Your attitude, purpose, and calling are shifting into alignment with God's will. Stand fast in this freedom. Let blessings, favor, and anointing rest upon your surrendered life. You are free—now walk like it.

Reflection: Replacing Lies with Truth

1. What are some common lies people believe about themselves? (Examples from the sermon: "I'm too broken," "Things will never change," "I'll always be bound")
2. Which lie have you struggled with most? What is the biblical truth that counters that lie?