



PRACTICAL APPLICATION SERIES • LESSON 2

Breaking the Chains You Can't See

Name it. See it. Walk it out.

Midweek Bible Study • New Life Tabernacle Carrollwood



OPENING QUESTION



“What if the biggest chain in your life is one you don't even know is there?”

Take 30 seconds. Don't answer out loud yet. Just think.



OPENING

The Rope Isn't the Problem



What it learned is holding it.

A baby elephant is tied to a stake with a simple rope. It pulls and pulls, but it isn't strong enough to break free, so eventually it stops trying. Years later that elephant weighs several tons and could snap the rope without effort, but it stands still. The rope isn't holding the elephant anymore. What it learned is holding it.

ASK THE ROOM What “rope” have you stopped testing because it held you once?



Jesus Came for Both

“The Spirit of the Lord is upon me, because he hath anointed me to preach the gospel to the poor; he hath sent me to heal the brokenhearted, to preach _____ to the captives, and recovering of ____ to the blind, to set at liberty them that are bruised.”



Captives

Chains that hold us



The blind

Things we can't see



Jesus Came for Both

*“The Spirit of the Lord is upon me, because he hath anointed me to preach the gospel to the poor; he hath sent me to heal the brokenhearted, to preach **deliverance** to the captives, and recovering of **sight** to the blind, to set at liberty them that are bruised.”*



Captives

Chains that hold us



The blind

Things we can't see



TONIGHT'S BIG IDEA

Freedom comes when I the chain, let God and others help me it, and it out.



?

1 · Identify the Captivity



?

2 · Identify the Blindness



?

3 · Walk Out of the Cell



TONIGHT'S BIG IDEA

Freedom comes when I **name** the chain, let God and others help me **see** it, and **walk** it out.



NAME IT

1 · Identify the Captivity



SEE IT

2 · Identify the Blindness



WALK IT OUT

3 · Walk Out of the Cell



01

Identify the Captivity

Name the chain.

12 minutes





The Chains That Look Normal



Not all chains are [redacted]. Some chains look [redacted] but still hold us captive.



The woman in Luke 13 was bound for [redacted] years, and Jesus found her in the [redacted].

LUKE 13

“There was a woman which had a spirit of infirmity eighteen years, and was bowed together, and could in no wise lift up herself.”

Luke 13:11

“Ought not this woman ... whom Satan hath bound, lo, these eighteen years, be loosed from this bond?”

Luke 13:16



The Chains That Look Normal



Not all chains are **obvious**. Some chains look **normal** but still hold us captive.



The woman in Luke 13 was bound for **eighteen** years, and Jesus found her in the **synagogue**.

LUKE 13

“There was a woman which had a spirit of infirmity eighteen years, and was bowed together, and could in no wise lift up herself.”

Luke 13:11

“Ought not this woman ... whom Satan hath bound, lo, these eighteen years, be loosed from this bond?”

Luke 13:16



Five Hidden Chains in the Church



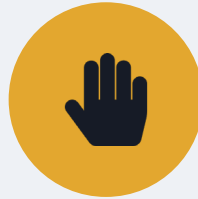
Fear of Man

*I rehearse what
people will say before
I obey.*



Unforgiveness

*I replay the
conversation in my
head.*



Control

*I pray about it, then
take it right back.*



Comparison

*Someone else's win
feels like my loss.*



Past Identity

*I introduce myself
with my failures.*

QUICK POLL Which one do you think is most common in church? Raise your hand when I call it.



Fear of Man

Making decisions based on
what  think instead of
what  said.

*“The fear of man bringeth a snare: but whoso putteth his trust in the LORD shall be safe.”
(Proverbs 29:25)*

SIGNS IT MIGHT BE YOU

- ✓ I rehearse what people will say before I obey.
- ✓ I stay quiet when God is telling me to speak.
- ✓ I need approval before I can move.



Fear of Man

Making decisions based on what **people** think instead of what **God** said.

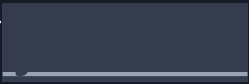
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SIGNS IT MIGHT BE YOU

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- ✓ I stay quiet when God is telling me to speak.
- ✓ I need approval before I can move.



Unforgiveness

Holding onto an offense and calling it “.”

“Looking diligently lest any man fail of the grace of God; lest any root of bitterness springing up trouble you, and thereby many be defiled.” (Hebrews 12:15)

SIGNS IT MIGHT BE YOU

-  I replay the conversation in my head.
-  I avoid certain people or rooms.
-  I'm waiting on an apology before I can heal.



Unforgiveness

Holding onto an offense and calling it “**justified**.”

“Looking diligently lest any man fail of the grace of God; lest any root of bitterness springing up trouble you, and thereby many be defiled.” (Hebrews 12:15)

SIGNS IT MIGHT BE YOU

- ✓ I replay the conversation in my head.
- ✓ I avoid certain people or rooms.
- ✓ I'm waiting on an apology before I can heal.



Control

Refusing to [redacted] outcomes
to God because I don't [redacted] Him
with the result.

*“Trust in the LORD with all thine heart; and lean
not unto thine own understanding. In all thy ways
acknowledge him, and he shall direct thy paths.”
(Proverbs 3:5–6)*

SIGNS IT MIGHT BE YOU

- ✓ I pray about it, then take it right back.
- ✓ Worry feels like being responsible.
- ✓ I struggle to let anyone else carry the load.



Control

Refusing to **surrender** outcomes to God because I don't **trust** Him with the result.

*“Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths.”
(Proverbs 3:5–6)*

SIGNS IT MIGHT BE YOU

- ✓ I pray about it, then take it right back.
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- ✓ I struggle to let anyone else carry the load.



Comparison

Measuring my against someone else's and coming up short every time.

"Lord, and what shall this man do? Jesus saith unto him, If I will that he tarry till I come, what is that to thee? thou me." (John 21:21-22)

SIGNS IT MIGHT BE YOU

- ✓ Someone else's win feels like my loss.
- ✓ I scroll and feel behind.
- ✓ I downplay my gift because it isn't theirs.



Comparison

Measuring my **calling** against someone else's and coming up short every time.

*“Lord, and what shall this man do? Jesus saith unto him, If I will that he tarry till I come, what is that to thee? **follow** thou me.” (John 21:21–22)*

SIGNS IT MIGHT BE YOU

- ✓ Someone else's win feels like my loss.
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Past Identity

Still defining myself by who I was Christ.

“Therefore if any man be in Christ, he is a new : old things are passed away; behold, all things are become new.” (2 Corinthians 5:17)

SIGNS IT MIGHT BE YOU

- ✓ I introduce myself with my failures.
- ✓ I disqualify myself before God ever does.
- ✓ “That's just how I am.”



Past Identity

Still defining myself by who I was **before** Christ.

*“Therefore if any man be in Christ, he is a new **creature**: old things are passed away; behold, all things are become new.” (2 Corinthians 5:17)*

SIGNS IT MIGHT BE YOU

- ✓ I introduce myself with my failures.
- ✓ I disqualify myself before God ever does.
- ✓ “That's just how I am.”



Game: Name That Chain

Call out the chain you see.

1

A faithful saint has felt God leading her to sing on the praise team for two years, but keeps saying no because “people will think I’m showing off.”

Which chain?

2

A longtime member still won’t sit on the same side of the sanctuary as the brother who embarrassed him in a meeting years ago.

Which chain?

3

A praying mother gave her son’s future to God on Sunday, then spent the week texting advice, researching his options, and losing sleep.

Which chain?

4

A gifted young adult goes quiet for a week every time someone else is asked to teach, and wonders what’s wrong with him.

Which chain?

5

A believer saved 12 years still says, “God can’t really use somebody like me. You don’t know where I came from.”

Which chain?



Name That Chain: Answers

Call out the chain you see.

1

A faithful saint has felt God leading her to sing on the praise team for two years, but keeps saying no because “people will think I’m showing off.”

Fear of Man

2

A longtime member still won’t sit on the same side of the sanctuary as the brother who embarrassed him in a meeting years ago.

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A praying mother gave her son’s future to God on Sunday, then spent the week texting advice, researching his options, and losing sleep.

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Comparison

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Past Identity



Find Your Stuck Spot

A chain is often the place where I keep hitting the same .



On your handout

1. Complete the Chain Check: rate each chain 1–5.
2. Write down one area where you feel stuck. Not a dramatic sin, just the place you keep hitting the same wall.

2:00

PRIVATE • HONEST

It stays between you and God.



Find Your Stuck Spot

A chain is often the place where I keep hitting the same **wall**.



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02

Identify the Blindness

Let God and others help you see it.

8 minutes





Why I Need Help to See



A blind spot is, by definition, something I see on my own.



That's why I need the and I need .

“Search me, O God, and know my heart: try me, and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting.” (Psalm 139:23–24)

“Faithful are the wounds of a friend; but the kisses of an enemy are deceitful.” (Proverbs 27:6)



Why I Need Help to See



A blind spot is, by definition, something I **cannot** see on my own.



That's why I need the **Holy Spirit** and I need **each other**.

“Search me, O God, and know my heart: try me, and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting.” (Psalm 139:23–24)

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Blind and Didn't Know It



DAVID & NATHAN • 2 SAMUEL 12

Nathan told David a story about a rich man who stole a poor man's only lamb. David was furious and ready to sentence the man, until Nathan said, "Thou art the man" (2 Samuel 12:7). David could see the sin clearly in someone else's story but not in his own.



LAODICEA • REVELATION 3:17

"Because thou sayest, I am rich, and increased with goods, and have need of nothing; and knowest not that thou art wretched, and miserable, and poor, and blind, and naked." (Revelation 3:17)

It's easy to see a chain in someone else's  and miss it in my own.
Blind spots rarely feel like blindness. They feel like being .



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It's easy to see a chain in someone else's **story** and miss it in my own.
Blind spots rarely feel like blindness. They feel like being **right**.



02 · PRACTICAL EXERCISE

Ask someone you trust:

“What's something you see in me that I might be blind to?”

Be ready to without yourself.

1

Pray first.

Ask God to prepare your heart (Psalm 139:23–24).

2

Choose one trusted person.

A spouse, a close friend in the faith, or a leader. Not a crowd.

3

Listen to understand.

Don't explain, justify, or argue.

4

Say “Thank you.”

Honesty is a gift, even when it stings.

5

Take it to God.

Pray over what you heard before you decide what to do with it.

TURN TO YOUR NEIGHBOR Practice the two hardest words after correction: “Thank you.”



02 · PRACTICAL EXERCISE

Ask someone you trust:

“What's something you see in me that I might be blind to?”

Be ready to **listen** without **defending** yourself.

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03

Walk Out of the Cell

Walk it out.

10 minutes





Chains Off. Now Walk.



Deliverance is not just a .
It's a .



Peter's chains fell off, but he still
had to and .

ACTS 12:7-10

“And his chains fell off from his hands. And the angel said unto him, Gird thyself, and bind on thy sandals. And so he did. And he saith unto him, Cast thy garment about thee, and follow me. And he went out, and followed him ... they came unto the iron gate that leadeth unto the city; which opened to them of his own accord.”



Chains Off. Now Walk.



Deliverance is not just a **moment**.
It's a **movement**.



Peter's chains fell off, but he still
had to **arise** and **follow**.

ACTS 12:7-10

“And his chains fell off from his hands. And the angel said unto him, Gird thyself, and bind on thy sandals. And so he did. And he saith unto him, Cast thy garment about thee, and follow me. And he went out, and followed him ... they came unto the iron gate that leadeth unto the city; which opened to them of his own accord.”



Alive, but Still Wrapped

“And he that was dead came forth, bound hand and foot with graveclothes ... Jesus saith unto them, Loose him, and let him go.” (John 11:44)

“Stand fast therefore in the liberty wherewith Christ hath made us free, and be not entangled again with the yoke of bondage.” (Galatians 5:1)



Jesus raised Lazarus, then told the people, “ him, and let him go.” Some freedom is finished in .



When the chains fall off, I make that align with my .



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Jesus raised Lazarus, then told the people, “**Loose** him, and let him go.” Some freedom is finished in **community**.



When the chains fall off, I make **decisions** that align with my **freedom**.

Which Chain Are You Breaking?

Click a chain to see your walk-out step.



Fear of Man

[Click to open](#)



Unforgiveness

[Click to open](#)



Control

[Click to open](#)



Comparison

[Click to open](#)



Past Identity

[Click to open](#)

[Continue to the 7-Day Plan →](#)



If you're bound by

Fear of Man

Take one step of obedience this week that scares you.

HOW TO DO IT

Make it specific and small enough to do by Sunday: have the conversation, sign up, share your testimony, say yes.

JOSHUA 1:9

"Be strong and of a good courage; be not afraid, neither be thou dismayed: for the LORD thy God is with thee whithersoever thou goest."

[← Back to all chains](#)

[Continue →](#)



If you're bound by

Unforgiveness

Write a letter (you don't have to send it) releasing that person.

HOW TO DO IT

Name what happened, name how it hurt, and write: "In Jesus' name, I release you. You don't owe me anymore."

EPHESIANS 4:32

"And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you."

[← Back to all chains](#)

[Continue →](#)



If you're bound by

Control

Pray over one situation, then refuse to touch it for 7 days.

HOW TO DO IT

When you feel the urge to fix it, pray instead: “Lord, it's Yours.” Write the date you gave it to Him.

PSALM 37:5

“Commit thy way unto the LORD; trust also in him; and he shall bring it to pass.”

[← Back to all chains](#)

[Continue →](#)



If you're bound by

Comparison

Celebrate someone else's win this week, publicly.

HOW TO DO IT

Say it out loud, post it, or send a note. Choose someone whose win you would normally envy.

ROMANS 12:15

"Rejoice with them that do rejoice, and weep with them that weep."

[← Back to all chains](#)

[Continue →](#)



If you're bound by

Past Identity

Write three things God says about who you are now, and read them aloud every morning for 7 days.

HOW TO DO IT

Use Scripture, not feelings, e.g., “I am a new creature” (2 Cor. 5:17).

2 CORINTHIANS 5:17; PHILIPPIANS 3:13–14

“Forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark.”

[← Back to all chains](#)

[Continue →](#)



My 7-Day Walk-Out Plan

	The chain I'm breaking	
	My walk-out step	
	The day I'll do it	
	Who will hold me accountable	
	How I'll know I did it	

NEXT WEEK

Walk-Out Reports

We'll open with one-minute testimonies of what happened when you took your step.



“What's one chain you're ready to break this week, and what's one step you'll take to walk it out?”

IF YOUR GROUP FINISHES EARLY

- Peter's chains fell off, but he still had to get up and walk. What's the difference between being set free and living free?
- “Loose him, and let him go.” What role should the church family play in someone's freedom?

5:00

SHARE · LISTEN

What's shared here stays here.



Praying for Deliverance

Specific, targeted prayer for the chains we've named tonight.



STEP 1 · 30 SEC

**Thank the
Deliverer**



STEP 2 · 1 MIN

Search me



STEP 3 · 2 MIN

**Name the
chain**



STEP 4 · 1 MIN

**Pray for one
another**



STEP 5 · 30 SEC

Declare it

“If the Son therefore shall make you free, ye shall be free indeed.” John 8:36



DECLARE IT TOGETHER

“Stand fast therefore in the liberty wherewith Christ hath made us free, and be not entangled again with the yoke of bondage.”

Galatians 5:1

Name it. See it. Walk it out.