

Finding Freedom

Finding Freedom by Getting Real

2-17-19

John 10:10 - The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the **full**.

Psalm 147:3 - He heals the brokenhearted and binds up their wounds.

Steps in God's healing process:

1. You _____ admit your _____.

Psalm 39:2-3 - But when I was silent and still, not even saying anything good, my anguish increased. ³ My heart grew hot within me, and as I meditated, the fire burned; then I spoke with my tongue. . . .

Psalm 32:3-4 - When I kept silent, my bones wasted away through my groaning all day long. ⁴ For day and night your hand was heavy upon me; my strength was sapped as in the heat of summer.

2. You must replace _____ with God's truth.

Romans 12:2 - Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is – his good, pleasing and perfect will.

Thought = Feelings = Actions

How to renew your mind:

- A. You ask God to _____ your memories.
- B. You fill your _____ with God's word.

Ephesians 1:4-8 - For he chose us in him before the creation of the world to be holy and blameless in his sight. In love ⁵ he predestined us to be adopted as his sons through Jesus Christ, in accordance with his pleasure and will- ⁶ to the praise of his glorious grace, which he has freely given us in the One he loves. ⁷ **In him** we have **redemption** through his blood, the **forgiveness of sins**, in accordance with the riches of God's grace ⁸ that he lavished on us with all wisdom and understanding.

- 3. You must _____ on the future.

Getting rid of painful memories:

Job 11:13--16 - "Yet if you **devote your heart to him and stretch out your hands to him**, 14 if you put away the sin that is in your hand and allow no evil to dwell in your tent, 15 then you will lift up your face without shame; **you will stand firm and without fear**. 16 You will surely forget your trouble, recalling it only as waters gone by.

- A. _____ your heart.
- B. _____ out to God.
- C. _____ firm.

Next Steps:

- Commit to a Bible reading plan
- Commit to reading the “I am” cards
- Commit to attending the next four weeks