

# NEW LIFE FREEDOM

## Lesson 4



It's become popular to focus on "my truth." That means each of us can operate in our own version of the truth, usually at odds with others. Using this as a basis for making decisions keeps us at the mercy of our own views, which are being increasingly shaped by the world and spiritual forces that aren't working for our good. These views are changeable and can shift dramatically, leaving us unstable. God's solution is to give us His truth as revealed in His Word. It hasn't changed because He doesn't change.

There are so many ways to endlessly repeat destructive patterns instead of believing that we could be different, and none of them come from God. How many of us have been using the same actions or beliefs to handle every situation that's difficult? Do we procrastinate or avoid dealing with it at all, choosing some method of escape? Do we jump in to rescue another person so we can feel useful or important? Are we stuck in a cycle of beating ourselves up for not handling everything perfectly?

Paul tells us what it's like to live inside this maze of frustration in Galatians 5:16-17: "So I say, let the Holy Spirit guide your lives. Then you won't be doing what your sinful nature craves. The sinful nature wants to do evil, which is just the opposite of what the Spirit wants. And the Spirit gives us desires that are opposite of what the sinful nature desires. These two forces are constantly fighting each other, so you are not free to carry out your good intentions."

We may have built our lives on the mindset of "This is as good as it gets." We don't believe that anything can really change, so we settle for less. What we've been doing may not be working, but change might bring something worse. What if we try something new and mess up? More disappointment is the last thing we want. Satan is more than willing to keep us fearful and uncertain, even thinking that we don't deserve better outcomes because of who we are or what we've done. Keeping us focused on the condemnation of our performance, past and present, is his goal. He wants us to ignore the power of God that's available to make changes happen.

Many of our problems start with lies we've believed that have twisted how we see ourselves and our relationships. Proverbs 29:25 says, "Fearing people is a dangerous trap, but trusting the Lord means safety." If we've experienced abandonment, abuse, or condemnation from another person, this verse may be hard to trust. There will be a lot of lies that have kept us from understanding that we can have a secure place with God. We believe that He'll get tired of us and leave us to fend for ourselves. These lies are being used to hold us in patterns of weakness, trusting on our own resources for relief. Each of us sees a world shaped through input that we've accepted as true, either from our own ideas or those that have been put on us by someone else. God's truth about us and about Him is what will truly make a difference.

### **SCRIPTURES FOR FURTHER READING:**

Matthew 7:24-27, Proverbs 29:25, 1 Samuel 16:7, Hebrews 13:5-6, 2 Corinthians 1:8-9, Psalm 31:7



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13