

NEW LIFE FREEDOM

Lesson 7



In Romans 8:1, we are assured, “There is now no condemnation for those who are in Christ Jesus.” Our acceptance of Jesus as Savior means we believe He has paid fully for all of our sins and doesn’t hold them against us anymore. When Satan comes back with the garbage of your past, you should remind him that it’s covered and his weapon is useless.

We’re going into new territory now that isn’t familiar and may even seem threatening. Preparation for this process will involve getting quiet before God so we can recognize His voice. It’s important to remember that God has the wisdom we need, and when we’re really listening, we’ll receive it and learn to use it. God welcomes honesty. He already knows about the bitterness, resentment, grudges, fear, dishonesty and self-pity we’ve tried to cover up. They’ve been blocking our ability to get past the pain. This is what He wants us to examine: what we feel and where those feelings came from, how they’ve shown up in our reactions to our hurts and in the consequences of our responses. These are the things we’d never want to admit having and that we’ve done our best to disguise. They’re also necessary to face if we want to get to the roots of our issues, then expose and fully remove them.

Psalm 40:1-2 expresses how God is involved in this process. “I waited patiently for the Lord. He turned to me and heard my cry. He lifted me out of the slimy pit, out of the mud and mire; He set my feet on a rock and gave me a firm place to stand.” That’s a pretty accurate picture of what it’s like dealing with the messes we’re in: sliding back down into the hole when we try to get ourselves out, just getting dirtier and more frustrated. God takes us out and gives us His steady foundation to build on so we can start from a place of strength. The purpose of all of this effort is to move forward, learning from the things of the past without getting stuck there. We can recognize the path to the pit and take steps to avoid falling into it in the future.

Prayer cover is one important protection as we confront our past experiences. We need all of the prayer we can get in this fight for freedom, especially when we’re focused on how much needs to change. Our enemy wants to keep our eyes right there, but Isaiah 40:29 says this about God’s work in our lives: “He gives strength to the weary and increases the power of the weak.” We need to keep reminding ourselves that He’s never expected us to do this by ourselves. Besides the constant help He’s giving us, we can also work together with others in this community to motivate each other to keep going.

We’re building a team of prayer support here with our Freedom tables, but remember to give yourself time alone with the Lord to search for what’s been hidden, to prepare your heart and mind to process what you’re learning, and to honestly confront anything that’s been holding you back.

SCRIPTURES FOR FURTHER READING:

Lamentations 3:40, Romans 8:1 and 26, Joshua 1:9, Job 33:33 and 7:11, Psalm 40:1-2, 2 Corinthians 5:17, Colossians 1:9, Ephesians 6:18, Isaiah 40:29



This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

How have the teachings this week contributed to your progress?