

FREEDOM DEVOTIONAL

LIFE PATTERNS

AUTHOR

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LIFE PATTERNS

MEMORY VERSE

The Spirit of the Lord is upon me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim liberty to the captives and recovery of sight to the blind, to set at liberty those who are oppressed, to proclaim the year of the Lord's favor.

Luke 4:18-19

DAY 1

This week, you'll dig into the subtle but powerful ways life patterns can influence you. It's part of the challenge Paul describes in Romans 7:19:

"For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing."

You might even think, "I can't believe this is happening again!" But remember: Jesus offers a way through. He promises freedom from every cycle, every pattern that holds you back.

PAUSE

Take a moment to enter prayer. Breathe deeply and let God's truth fill your mind and heart. As you inhale, focus on His goodness and faithfulness, and as you exhale, release any anxieties or worries already weighing on you.

REFLECT

We all live within various systems—within our families, our workplaces, our finances. Take budgeting, for instance: some of us strictly follow one, while others may struggle to make it through the month with money to spare. These recurring habits form patterns that can either bring life or lead us away from it.

Each pattern we follow is rooted in a belief. Godly patterns are shaped by His truth, while ungodly patterns stem from lies we may not even realize we believe. These cycles can become so familiar that they feel normal—even if they’re damaging our relationships or stunting our growth. But “normal” isn’t always life-giving.

God longs to set us free from these unhealthy patterns and replace them with His truth. As you meditate on this week’s memory verse, let God highlight any words or phrases that stand out to you. Luke 4:18-19,

“The Spirit of the Lord is upon Me, because He has anointed Me to preach the gospel to the poor; He has sent Me to heal the brokenhearted; to proclaim liberty to the captives and recovery of sight to the blind; to set at liberty those who are oppressed; to proclaim the acceptable year of the Lord.”

ASK

Invite the Holy Spirit to reveal any repeating patterns in your life that may bring pain or discouragement. Jot down whatever He brings to mind.

- *Holy Spirit, please show me any patterns where the same painful outcome seems to recur. Reveal the truth and show me any way I may be contributing to these cycles in my relationships.*

As the Lord reveals these patterns, make notes in your journal. You may find yourself uncovering more throughout this week.

YIELD

Throughout the week, we'll explore how blaming others or feeling the need to control things can signal deeper life patterns. Trust that God is at work, even in these places that feel like tangled webs of relational strain. He knows exactly how to untangle them. In Luke 4:21, Jesus continues His promise from verses 18 and 19, declaring,

"Today this Scripture is fulfilled in your hearing."

Jesus assures us that freedom isn't just possible—it's available now. Believe this truth: You can be free from oppressive life patterns. As we yield to the Holy Spirit, He transforms our past into strength for our present.

Jesus, show me where I'm living out ungodly patterns that don't reflect Your heart. I yield to You. I repent for trusting in any lies, knowingly or unknowingly. I choose to lean into Your grace and truth in my life. In Your name and for Your glory, Amen.

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Luke 4:18-19

DAY 2

God's transforming power is at work changing lives from the patterns that rob us of joy. He replaces the old paradigms with vibrant life. We may believe God is good but do you believe He is good to you?

PAUSE

Take a moment to pause, breathe deeply, and let God's truth settle into your mind, will, and emotions. As you inhale, focus on God's goodness and faithfulness, and as you exhale, release any anxieties or worries. Holy Spirit, I dedicate my mind and heart to You today. Shepherd me as I listen and learn.

Meditate on our memory verse:

"The Spirit of the Lord is upon me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim liberty to the captives and recovery of sight to the blind, to set at liberty those who are oppressed, to proclaim the year of the Lord's favor."

REFLECT

In Christ, we have access to a new kind of power—His power. As followers of Jesus, we can draw on the strength of the Holy Spirit, who enables us to overcome every temptation and challenge. But we also face a choice: we can either rely on God’s power or attempt to handle things in our own strength. When we choose our own strength, we risk falling into a trap of “false power”—a powerless power the enemy uses to keep us stuck.

Paul’s words in 2 Corinthians 12:9-10 help us understand this truth:

“But he [Jesus] said to me, ‘My grace is sufficient for you, for my power is made perfect in weakness.’ Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me. For when I am weak, then I am strong.”

When we rely on our own strength, we are actually relying on the enemy’s tactics of pride and self-reliance, which ultimately drain us. God, on the other hand, offers true freedom through humility and reliance on His power. In Christ, our weaknesses become spaces for God’s strength to shine, helping us break free from old patterns.

I don’t want any power in my life but the power of Christ. I want to be free from the enemy’s schemes and from patterns of sin that have held me back. Only through Jesus can we experience lasting transformation.

Let’s remember these truths:

- We are weak without Christ, but He gives us strength.
- Pride is the enemy’s tactic to keep us bound.
- Our only path to true freedom is through Christ’s power.

ASK

Now, open your heart to God and ask Him to search you deeply. Find a quiet place, grab a journal, and ask the Lord to reveal His truth about the sources of power in your life.

- *Lord, please reveal the ways I've been trusting in my own strength to overcome patterns of sin. Show me what I'm holding onto and help me understand why I haven't fully surrendered to Your power.*

As you listen, jot down anything the Lord reveals to you.

YIELD

Lord, I confess that I've trusted myself over You. I've relied on my own understanding, strength, and power rather than surrendering to You. I know these choices have kept me bound in unhealthy cycles. I may not fully understand the root of these patterns, but I know it's tied to the enemy's influence. Right now, I renounce pride and my reliance on self, and I humbly submit to Your power, Jesus.

Forgive me, Lord, and cleanse me from pride. I receive Your forgiveness and believe that You are making me new. I lay down my strength and power and take up the strength of the Holy Spirit. Continue, Lord, to lead me into the fullness of the new creation You've called me to be. In Jesus' name. Amen.

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Luke 4:18-19

DAY 3

As you discover patterns in your life, you will begin to recognize how you rely on your own power to overcome unhealthy habits. The truth is, our strength alone is never enough. If it were, we'd all easily overcome temptations and harmful addictions. Yet freedom often feels just out of reach. So today, let's explore how God's grace meets us in our struggle and provides a way to walk in true freedom.

PAUSE

Father, I enter this time of prayer by pausing to breathe deeply, letting Your truth settle over me. As I slowly inhale, I focus on Your goodness and faithfulness. As I exhale, I let go of any anxieties or worries I've carried into today. Father, I surrender everyone and everything to You. Jesus, I love You. Holy Spirit, I open my heart and mind to You. Lead me and guide me as we meet together.

REFLECT

Today, let's look at patterns in our relationships that may hold us back from fully experiencing God's freedom and true destiny for our lives.

Scripture tells us that an offended person is more unyielding than a strong city. (Note Proverbs 18:19) One of the enemy's most oppressive schemes is holding on to an offense and refusing to forgive. When we blame others for our pain, we often fail to see that God has made a way out of the enemy's grip on our heart.

While the pain is real and undeniable, no one else is the author and sustainer of my future - only God is. (Note Psalm 118:6) Control often comes into play when we believe that if the other person changes then it will result in peace for me. In turn, we try to control through helping, obsessing, peacemaking tendencies, hovering, demanding - in short controlling others in order to control outcomes. While we may want the best for them, God reminds us that the only heart we have control over is our own.

These patterns of blame and control may seem helpful, but they actually hold us back. Only by laying down the offense and forgiving others or even maybe ourselves will we find true freedom and the destiny God has prepared for us.

ASK

Take a quiet moment now, asking the Lord to search your heart and bring clarity.

- *Lord, is there anyone I blame for the pain, stress, or anxieties in my life? Is there anyone I'm blaming for the condition of my heart or mind?*

Now reflect on control:

- *Do I try to control others, believing it will bring me peace? God, would You reveal if I'm trying to control or fix someone else's life? Am I taking on a responsibility that isn't mine in any of my relationships?"*

YIELD

Lord, I confess that I have blamed _____ for _____ . I acknowledge my pain, but I see that I've also allowed this pain to bind me to anger, bitterness, or hurt. Today, I choose to release that person from my blame and step into Your healing.

Jesus, I confess that I have tried to fix _____, carrying responsibilities that belong to You alone. Forgive me for my desire to control what I cannot, and help me trust that You alone have the power to work in their life.

Scripture promises that

"The Lord is close to the brokenhearted and saves those who are crushed in spirit" (Psalm 34:18).

Jesus, please come close to me. Hold me tenderly, and speak Your love and safety over my heart right now.

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Luke 4:18-19

DAY 4

Be encouraged! You are courageously moving forward. Keep moving, taking each step even when it is hard. As you encounter God's love, you will see His plan of hope and joy for your life.

PAUSE

Take a moment to pray.

God, as I enter into prayer, I take a deep breath and meditate on Your truth. Would You come and settle on my soul? As I inhale slowly, I focus on Your goodness and faithfulness. As I exhale, release any anxieties, worries, or fears that may have already entered my day. Holy Spirit, I dedicate my mind and heart to You as we meet. Guide me as I listen to You.

As you continue in prayer, meditate on today's memory verse.

Remember: Jesus said in the next verse that this truth is fulfilled now. His promise is for today. Repeat this truth out loud throughout your day: Jesus has set the oppressed free.

REFLECT

Today, we're going to look at Ephesians 4:22-24, which reveals even more about your freedom in Christ. It equally helps us look at the way things were and how they are now when we submit to Christ and the identity He has given us.

Ephesians 4:22-24 says:

"...to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and to be renewed in the spirit of your minds, and to put on the new self, created after the likeness of God in true righteousness and holiness."

You probably have a pretty good sense of what your old self looks like—your former way of life before Jesus saved you. But what about this new self you're called to put on?

Verse 24 says your new self is "created after the likeness of God in true righteousness and holiness." That might feel impossible to live up to, and in your own strength, it is. But remember, God has given you the power of His Holy Spirit. You aren't meant to do this alone. You humbly ask for and yield to His strength in your life. Putting on your new self is only possible through the Holy Spirit's power.

ASK

Now, let's open our hearts to the Lord and ask Him to search us.
Find a quiet place and pray:

- *Jesus, is there any part of my old life patterns that I'm still holding onto?*
- *Jesus, as we spend this time together, would You show me the new life You want to give me? Would You give me a picture, a word, or a sense of the new life You have for me?*

Take a moment to write down what Jesus reveals to you about your old life and the new life He's calling you into.

YIELD

Jesus, I confess that the old life sometimes feels more present than the new one You've given me. I confess that I've fallen back into old habits instead of fully receiving the new, abundant life You offer. I've believed the lie that I will always be _____. I also confess that it's hard to believe You have given me

I want You, Jesus. I am desperate for You. I repent of my old ways and trust You to lead me into the new life You've promised. I trust You to lead me out of the old patterns. I trust in Your strength because I know that I am not strong enough on my own, but You are.

I believe, trust, and yield to You, Holy Spirit. As I walk this journey of transformation, I want the new life You offer and am willing to let go of the old. In Jesus' mighty, powerful, and matchless name, I believe, Amen.

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Luke 4:18-19

DAY 5

You are taking meaningful and courageous steps. It may be hard to recognize change because it is gradual. But over time you and others will notice a difference. As you encounter God's true love, you will see the Holy Spirit setting you free more and more each day. He loves you so much.

PAUSE

Take a moment to pause while you turn your attention to God. Breathe deeply and meditate on God's truth. Let His Word settle upon your mind, will, and emotions. As you slowly inhale, focus on God's goodness and faithfulness. As you exhale, release the anxieties, worries, and fears that have crept into your day.

Remember: Jesus proclaimed liberty and recovery of true sight to all who have been blinded by this life. Take a moment to receive this truth in faith. You may not always feel this new life, but Jesus sees you adorned in His new life. Repeat this truth out loud to yourself today:

"I am in Christ, and I am a new creation. The old me has passed away; look, the new has come."

REFLECT

If you want to live differently, you must first think differently.

Colossians 3 encourages us to see our challenges from a new perspective—a heavenly one. (Note Colossians 3:1-2) When you shift your perspective, you begin to see as God sees.

1 Corinthians 2:16 says:

"For who has known the mind and purposes of the Lord, so as to instruct Him? But we have the mind of Christ [to be guided by His thoughts and purposes]."

The most scriptural truth about overcoming life patterns is this: you must believe, meditate on, and live in the truth that "you have the mind of Christ"—for the purpose of being guided by His thoughts and purposes.

ASK

Do you believe, truly believe, that as a disciple of Jesus, you have the mind of Christ?

If your answer is yes, then you're ready to move forward with how to live it out. But if you're unsure, take a moment and allow Jesus to search your heart. Ask Him to show you when or why you stopped believing this truth.

If you do believe, then the "how" is clearly laid out in Colossians 3:1-3, which says:

"If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. Set your minds on things that are above, not on things that are on earth. For you have died, and your life is hidden with Christ in God."

Set your mind on things above. Every day, and even throughout the day, consecrate your mind to the Holy Spirit so that you can think and see as God does.

YIELD

Take a moment to submit to the Holy Spirit as you pray.

Holy Spirit, today I dedicate my mind to You. I give You my emotions, intellect, creativity, and memory.. I commit the way I think, what I meditate on, and what I dwell on to You God. I yield to You, Holy Spirit. Reveal to me when I reflect on thoughts that only lead to sin and the behaviors that follow. I choose Your thoughts, Your ways, and Your holy plans for my life. I choose to abide in You, Jesus, because life-giving thinking produces holy fruit. I choose You, Lord in whom I pray and believe, Amen.

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Luke 4:18-19

DAY 6

You are worth celebrating. Keep pressing forward—you are walking in courage and faith. With every step you take, you are experiencing the Holy Spirit's presence. He is setting you free more and more each day. As you sense how deeply God loves you, you will find His love is boundless.

PAUSE

Let's begin in prayer.

God, I come to You in this moment, pausing to be still before You. I receive Your goodness and faithfulness, and release all the worries and fears that have entered this day. Father, I give You everyone and everything. Jesus, I love You. Truly, I love You. Holy Spirit, I dedicate my heart and mind to You. Lead me and shepherd my heart today.

Remember: You are in Christ, and you are a new creation! Take a moment to let that truth settle in your heart today. You may not always feel new, but Jesus sees you clothed in new life.

REFLECT

If you've ever wondered what this "new self" really looks like, today's Scripture helps us understand it better. Ephesians 4:22-24 says:

"...to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and to be renewed in the spirit of your minds, and to put on the new self, created after the likeness of God in true righteousness and holiness."

Let's pause for a moment. The old self is described as being "corrupt through deceitful desires." But what does that mean? What are these deceitful desires? Colossians 3:5-9 gives us insight, listing these desires as sexual immorality, impurity, passion, evil desires, and covetousness (which is idolatry). The passage continues, reminding us to also put away anger, wrath, malice, slander, obscene talk, and lying. These are all remnants of the old self.

Maybe you have patterns of coping that aren't listed as the "big" sins or ways you hide, cope, evade or avoid the past pain. Perhaps you are a workaholic, co-dependent, eat too much, a gamer, or you shop to ease the pain. The coping strategies are endless and while may seem benign, often perpetuates our lifestyle patterns of no real and lasting change.

Each one of these corrupt desires can choke out the abundant life Jesus wants for you. They can keep you from living fully in the freedom and grace He offers.

ASK

Let's open our hearts and ask the Lord to search us. Find a quiet place to meet with God.

- *Do any of the desires listed in Your Word still have a grip on my heart?*
- *God is asking, "Where are you?"*

The Lord invites you to look up, to see and recognize His heart for you. He invites you into His Presence.

YIELD

Jesus, I confess that I struggle with _____ from my old nature. I want to reflect You, and this sin doesn't look like You at all. Help me remember that You don't reveal my sin to shame me but to free me for abundant life. Jesus, would You show me where the root of this sin began? Please heal my heart and that moment when this sin took root. I don't want it in my life any longer. I need Your strength to overcome it.

I surrender my attempts to control or fix this on my own. Only You can deliver me. I thank You that I am not alone. Right now, I trust You are with me, removing this sin as far as the east is from the west. Holy Spirit, if there are other lies I've believed that fuel this sin, would You reveal them? Speak Your truth over me, so I can fully put on the new self that reflects Your righteousness and holiness. Thank You, Jesus. I love You. Amen.

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Luke 4:18-19

DAY 7

Today, you are going to do something a little different. Instead of intense reflection or study, focus on rest and play. Find joy in the freedom of who you are in Christ. Whether it's reading a book, being creative, or simply enjoying the moment, let's celebrate the new life God is forming in you.

PAUSE

God, I come before you, taking a moment to breathe deeply, and meditate on Your truth. As I inhale, I focus on Your goodness and faithfulness. As I exhale, I release the anxieties, worries, and fears that have crept into this day. Holy Spirit, I dedicate my mind and heart to You in this moment.

Remember: You are in Christ, and you are a new creation! This truth is as real today as it was the moment you believed. Pause and accept this in faith. Repeat this to yourself throughout the day:

"I am in Christ, and I am a new creation. The old me has passed away. Look—the new has come."

REFLECT

Today, let's step out of our heads for a bit and come to God as His children. Sometimes we can get stuck on heavy words like "righteousness" and "holiness," feeling the weight of them. But God doesn't want to burden you with something heavy. Instead, He wants to give you life and joy. He invites you into beauty, play, rest, and abundant life.

Think about this: God is the Creator of everything, from the stars to the tiniest flowers. He must have had immense joy and fun creating the uniqueness of every person and every creature. Just as He enjoyed the process of creation, He wants you to enjoy the new self He has formed in you.

You are invited into His joy. He longs for you to experience the fullness of your new self in Christ, to live into your true identity with a light heart, filled with wonder.

"Put on the new self, created after the likeness of God in true righteousness and holiness." —Ephesians 4:24

ASK

God, would You teach me how to play? Would You help me to laugh today, really laugh? I want to live into Your likeness and embrace my true identity You created in me. Help me carve out time to experience holy laughter, fun, and joy in Your presence.

In case you may be struggling to come up with ideas here are a few to try. Try the one that captures your attention.

Walking, hiking, fishing, golf, local attractions, creative art that you have always wanted to do, a sport, cook and bake, board games and puzzles, photography, writing, picnic, a day trip.

The list is endless. Remember the goal isn't to conquer the fun but to be present in the moment and simply enjoy who God created you to be.

YIELD

Jesus, today I yield to You as my friend. I trust that You want me to thrive in the fullness of life. Help me play with the joyful anticipation of a child. I believe you enjoy seeing your children enjoy all of your abundant life even in simple pleasures. I believe You want me to enjoy Your creation and reflect Your joy in the world. God, create playfulness in me for Your glory I love You, Jesus. I really love You, Amen.