



Becoming Free

Allowing God To Adjust Our Thinking

Belief is a choice. God has made a way for us to be free. That's why Jesus died. To free us. But, we still have to choose whether or not we believe that God has provided us a way to be free. We can either choose to believe that God wants us to be free and is able to free us, or we can choose to believe that God is not able to or is not interested in freeing us. Here are some principles to keep in mind as you walk with someone through becoming free from destructive sin and thought patterns.

1. Transformation requires permission.

Is it possible that choosing NOT to believe is sin? Sin was originally an archery term, meaning “to miss the mark,” or to miss the target. So “sin” is when we miss the target that God set up for us—when our actions don't line up with His desires.

- If we don't believe that God has the ability to free us, or that He has given us the ability to become free, what does that really mean?
 - It means that we are questioning Scripture (the Bible says it but I don't believe it) and that ultimately, we are questioning God's character and His goodness (God has a decent method, but it might take too long, and I think I can come up with something a little better and a little easier).

The only way to overcome the things that hold us back is to choose to overcome them and to commit to overcoming them.

- Do you ever find yourself asking questions like:
 - Why doesn't God make it easier?
 - Why do we have to fight so hard?
 - What do we actually gain from fighting?

How do you know if you're ready to make that choice? Well . . .

2. Transformation comes at a cost.

Maybe it's important to know what we are getting ourselves into before we decide to make a choice to become free. Just because God has already made the way for us to be free, does it mean that it will be easy? My guess is no. Why? Because freedom is the last thing the enemy wants for us. Read 1 Peter 5:8-9, John 10:10, and 1 John 5:19.

- If we aren't free, we will not be able to be freely used by God.

Because of these things, it seems like persistence is necessary. Why? Because the enemy won't let up easily. Read James 4:7.

How many of you wish that God would change everything instantaneously and that you could walk out of this room an hour from now completely free, never again having to deal with the things that hold you back? Well, I have good news. The good news is, Jesus seems to be pretty good at doing miraculous things. I have more news too, though: it seems like often, God chooses to bring miraculous changes about in our lives through a thing called “process.” God is fully able, fully capable of changing us instantly. However, be prepared that God might choose to do things differently than you want Him to. The crazy thing is, He even has a reason for doing it His way instead of ours. Sometimes, often times even, change comes slowly.

But do you want some more good news? Hard work is rewarding work. Read 2 Corinthians 4:16-17. But doing the hard work of becoming free in the name of Jesus does not mean that we are on our own. Why? Because...

3. Transformation is a joint effort.

Aren't you glad that we don't have to try to do all this stuff on our own? Transformation is a joint effort. Where does our stability come from? Our stability comes from God.



The battle is already won (the now, but not yet, of the battle). Read Luke 10:19 and 1 John 4:4.

- What we tell ourselves can either be the truth, or it can be a lie.
- If we continue to tell ourselves distorted statements, we are going to have negative feelings, and we are going to engage in negative behaviors.
- But we need to team up with Jesus in order to see the victory. We can't do any of it without God—our own strength just won't cut it. And, God is fully capable of doing it without our involvement and cooperation, but He probably won't.

Some practical steps to becoming free:

- A. As long as you are convinced that you can't change, you won't try.
 1. Admit you make your choices.
 2. Remind yourself that you are responsible for what you are doing.
 3. Prepare to accept the consequences of your behavior even if unpleasant.
- B. Locate your misbeliefs.
 1. God does not love me or like me.
 2. I don't deserve to/it is selfish for me to take care of myself and say no to others.
 3. I can't get free from habitual sin.
 4. I can't be myself because people won't like me.
 5. Allow God to reveal any other misbeliefs to you.
4. Locate your anxieties
 1. I dread making public mistakes.
 2. I fear making someone else angry or upset.
 3. I am afraid of losing the love of someone close to me.
 4. I am afraid of physical pain or death.
 5. Allow God to reveal any other anxieties to you.
5. Remove them by replacing them with truth (Scripture).

The joy of the Lord must be our strength (not our own effort) (Is. 40:28-31). **Prayer is the key** and we have to pray Scripture AND listen often.

4. Transformation is worth it.

We are significant and of worth simply because we are children of God. We are motivated by something greater than ourselves, which gives us the ability to keep going.

When you like yourself you are free to like and appreciate others. There is no competition or comparison.

5. Transformation: How to go about it.

How do we choose to overcome?

- By admitting to God that we have been trying to do it on our own (or that we've been avoiding trying altogether)
- By telling Him that we are sorry for this
- By asking Him for help

How do we commit to it? We must tell God that we have decided to choose to do things His way instead of our own.

More Resources:

Victory Over The Darkness by Neil Anderson

The Bondage Breaker by Neil Anderson (you can borrow a copy from Jordan)

Telling Yourself The Truth by William Backus and Marie Chapian