



ASCENT PROJECT CHURCH

**BLUE BOOK**

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# CHAPTER 1

## FINDING FREEDOM

“So if the Son makes you free, you will be free indeed.”  
- John 8:36

“It was for freedom that Christ set us free.” That’s what Paul wrote in Galatians 5:1, and Jesus Himself said in John 10:10, “I came that they may have life, and have it abundantly.” Just imagine that - abundant life where we’re not just barely surviving, but truly living.

If this is true, why are there so many discontent and unfulfilled Christians? There are many reasons for this, but one primary reason is: Christians aren’t experiencing everything that Jesus’ death and resurrection made available to us. We can only walk in true freedom and fulfill our God-given destiny as we receive everything Jesus offers us.

### DID YOU KNOW?

Freedom isn’t doing what you want to do. True freedom is doing what you were created to do.

### SCRIPTURES TO CONSIDER

WHAT DOES JESUS OFFER US?

Read 1 John 1:6-7. What has the power to cleanse us from sin?

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Read Luke 4:18-19 below.

“The Spirit of the Lord is upon Me, because He anointed Me to **preach the Gospel to the poor**. He has sent Me to proclaim **release to the captives**, and **recovery of sight to the blind**, to **set free those who are oppressed**, to proclaim the favorable year of the Lord.”

In these verses we see that Jesus offers us:

1. Salvation - Preach the Gospel to the poor
2. Freedom from bondage to sin - Release to the captives
3. Physical healing - Recovery of sight to the blind
4. Freedom and healing from past wounds - Set free those who are oppressed

The purpose of this particular Bible study is to help people find freedom from bondage to sin (#2), and freedom and healing from past wounds (#4).

In Ephesians 4:20-24 we see a clear threefold pathway to finding freedom. It says,

“20 But you did not learn Christ in this way, 21 if indeed you have heard Him and have been taught in Him, just as truth is in Jesus, 22 that, in reference to your former manner of life, you \_\_\_\_\_, which is being corrupted in accordance with the lusts of deceit, 23 and that you be \_\_\_\_\_, 24 and \_\_\_\_\_, which in the likeness of God has been created in righteousness and holiness of the truth.”

Read Galatians 5:13. In your own words, what does this verse tell us about what freedom is and is not for?

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## UNDERSTANDING MY NEXT STEP

### 3 DIMENSIONS OF FREEDOM

There are three dimensions of freedom we need to be aware of as we follow Jesus:



In order to understand our next step we need to evaluate ourselves and ask, “Which part of the process am I in right now with this particular issue?”

### 1. DEATH

Read Galatians 2:20.

Being crucified with Christ is also known as death to self. Just like you have to complete certain prerequisites in order to move forward in coursework for your major, death to self is a prerequisite for all freedom ministry.

Have you surrendered your life to Jesus through repentance and put the full weight of your trust in Jesus alone for your salvation?

If you cannot confidently answer yes to this question, don't worry, talk to a Connect Group Leader about joining a Red Book Bible Discussion to help you understand what this step looks like.

## 2. DISCIPLESHIP

A disciple is someone who is learning how to love Jesus, love others and live on mission by hearing and obeying God. Discipleship is a process of continually surrendering every area of life to the Lordship of Jesus by walking in obedience to His Word. This takes discipline. Many times we can overcome sinful habit patterns as we cultivate spiritual disciplines - reading and studying the Bible, memorizing scripture, praying, opening up with others, and fasting. As we cultivate these spiritual disciplines, God begins to transform us from the inside out.

Freedom happens best in community. One crucial element to walking out our freedom in Christ is regularly attending and being active in the local church. Read Hebrews 10:23-25.

Pursuing deliverance without discipleship and spiritual disciplines can create a bigger problem than before. Read Matthew 12:43-45 to understand this more.

What's your relationship currently like with Jesus, His Word, prayer, and the local church?

What spiritual disciplines do you need to establish in your life?

**3. DELIVERANCE**

Deliverance means a release from slavery, captivity or oppression. Deliverance is not the answer to everything, but if we're cultivating spiritual disciplines and still having difficulty overcoming a sin pattern in our lives, then we need deliverance.

Have you been telling God over and over that you will never do a certain sin again, but continue to feel trapped in your inability to overcome it?

Have you experienced something in your past that is still really painful to think about?

If you answered yes to either of the above questions, it is likely that you need deliverance.

**DISCUSSION QUESTIONS**

How has this chapter changed your perspective on finding freedom in Christ?

Which dimension of freedom do you sense the Holy Spirit is leading you to focus on right now?

# CHAPTER 2

## FREEDOM FROM BONDAGE TO SIN // PART 1

“He has sent Me to proclaim release to the captives...”  
-Luke 4:18

Sometimes it’s difficult to overcome a particular sin in our lives, and even though we know it’s wrong, we continue living in that sin. If you’re experiencing this, you may be in spiritual bondage and in need of deliverance in order to find freedom.

Not only does Jesus want us to be forgiven of sin, He wants us to live free from the power and control of that sin in our lives. Many Christians, however, are unaware that they’re in spiritual bondage.

In Luke 4:18, the phrase “release to the captives” means set free from bondage or imprisonment.

### SCRIPTURES TO CONSIDER

#### UNDERSTANDING SIN AND BONDAGE

##### Opening the Door to Sin

We can choose to sin, but we can’t choose the consequences. When we sin, we open a door to its power in our lives.

Read Genesis 4:3-8. What does this passage tell us about sin?

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When God says, “sin is crouching at the door,” He is not referring to a physical door. Read Revelation 3:20. What door is God referring to?

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### DID YOU KNOW?

“If we have any manner of thinking that’s contrary to God’s Word, then that’s an open door to the devil.”

-Pastor Robert Morris, *Truly Free*

##### Becoming a Slave to Sin

Read Romans 6:12-18. What are some ways you can become a slave to sin?

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We can be in bondage to sin through things such as drugs, alcohol, pornography, etc. It could also be something like insecurity, fear, finding your identity in your performance, or explosive rage or anger. A common tactic of the enemy is to try and get us to regress in our walk with God by tempting us to go back to the sins that we formerly participated in.

##### Demonic Spirits

Read Matthew 8:16, Matthew 17:18 and Mark 6:12-13.

In these scriptures, what do you see about demonic spirits in the Bible?

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In the Bible, we see three different things about demons:

1. They really do exist.
2. They do have influence over people.
3. They can have power in the dark, hidden areas of our lives.

In our culture, there's a lot of confusion about demon possession. "Daimoni zomai" are the original New Testament Greek words translated into the English words, "demon possession." One translation for the word "possession" means "to gain mastery over." This meaning gives us a clear understanding of how the Bible defines demon possession - to be under the power, under the mastery, or under the control or influence of a demon in a certain area of your life.

A large part of Jesus' ministry on earth involved casting out demonic spirits. Demons are mentioned over 80 times in Scripture! There are two extreme views people can take when it comes to demonic spirits:

1. Skeptics - people who ignore the Bible and choose to believe that demons don't exist.
2. Superstitious - people who believe demons are behind every problem in their lives.

### THREE WARNING SIGNS OF BONDAGE

1. Continued iniquity in an area (willful, habitual sin)

Read John 8:34.

The word "commit" in this verse means more than simply participating in something. It has the implied meaning of pledging to do something or of formulating a plan.

2. Continued illness or injury without an apparent reason

Sickness and injuries don't always point to the demonic. We live in a world with natural consequences. For example, if you breathe in a germ or virus, you could get sick. Accidents do happen, like when you're riding a bike and fall. Cancer affects both the young and old. But it is clear from the Bible that Satan wants to hurt us, and sometimes he accomplishes this through sickness or injury. So if you've experienced continued illness or repeated injuries, then there may be an open door in your life.

Read Luke 13:11-13.

3. Continued influence or connection with the occult

Occult = Any activity or product associated with "alternate spirituality" or attempts to access or control the supernatural (astrology, horoscopes, tarot cards, Ouija boards, spells, witchcraft, palm reading, sorcery, drug use, séances, fortune-telling, tea-leaf reading, crystal-ball reading, communicating with the dead, spirit guides, ESP, telepathy, auras, trances, black magic, poltergeists, psychics, etc.)

Read Deuteronomy 18:10-12.

If either you, a parent or grandparent ever participated in occult practices, a door was opened to evil influences, and you could still be feeling the effects of that today.

### DISCUSSION QUESTIONS

What is your initial reaction when you hear that a Christian can be a slave to sin and/or be under the influence of a demonic spirit?

Which, if any, of these warning signs do you see in your life?

# CHAPTER 3

## FREEDOM FROM BONDAGE TO SIN // PART 2

“And having been freed from sin, you became slaves of righteousness.”  
-Romans 6:18

### SCRIPTURES TO CONSIDER

#### SIN IN THE BIBLE

To know the truth that sets us free, we first have to understand what the Bible calls sin. Read Galatians 5:19-21 and 2 Timothy 3:1-5.

#### Words defined:

**Arrogant** - Showing one's self above others, overtopping, preeminent with a high estimate of one's means or merits, despising others, giving oneself an undue degree of importance; conceited

**Boastful** - An empty pretender, braggart; ostentatious of personal worth or actions

**Brutal** - Savage, fierce, cruel, inhumane, merciless

**Carousing** - Used generally of feasts and drinking parties that are protracted till late at night

**Conceited** - To puff up or blind with pride, render insolent, foolish or stupid; entertaining a flattering opinion of oneself, having a vain or too high conception of one's own person or accomplishments; to wrap in a mist

**Disobedient to parents** - Impersuasive, not compliant, disobedient, stubborn toward parents; neglect or refusal to obey; not observant of duty or rules prescribed by authority

**Disputes** - To contend in argument; to reason or argue in opposition; to debate, to altercate, and to dispute violently as to wrangle. To strive or contend in opposition to a competitor

**Dissensions** - Disunion, division, sedition; disagreement in opinion, usually a disagreement which is violent, producing warm debates or angry words; contention in words, strife, discord, quarrel, breach of friendship and union

**Drunkenness** - Intoxication, inebriation; a state in which a person is overwhelmed or overpowered with spirituous liquors, so that his reason is disordered and staggers in walking

**Enmities** - The quality of being an enemy; the opposite of friendship; ill-will, hatred, unfriendly dispositions, malevolence

**Envy** - Ill-will, jealousy, spite; feeling uneasiness at the superior condition and happiness of another

**Factions** - A body of men separating themselves from others and following their own tenets (a sect or party); dissensions arising from diversity of opinions and aims

**Haters of good** - Hostile to virtue; despiser of those that are good, opposed to goodness and good men

**Idolatry** - The worship of anything that is not God (idols, images, anything man-made); excessive attachment or veneration for anything other than God

**Immorality** - Greek word “porneia” - illicit sexual intercourse, such as adultery, fornication, homosexuality, lesbianism, intercourse with animals, etc.

**Impurity** - Uncleaness, physically or in the moral sense of the impurity of lustful, luxurious, recklessly extravagant living



**Irreconcilable** - Not to be recalled to amity, or a state of friendship and kindness; retaining enmity that cannot be appeased or subdued, that cannot be made to agree or be consistent

**Jealousy** - That passion of peculiar uneasiness which arises from the fear that a rival may rob us of the affection of one whom we love, or the suspicion that he has already done it; or it is the uneasiness which arises from the fear that another does or will enjoy some advantage which we desire for ourselves

**Lovers of money** - Greedy, covetous

**Lovers of pleasure** - relating to or characterized by luxury or sensual pleasure

**Lovers of self** - Too intent on one's interests; selfish

**Malicious gossips** - A false accuser, slanderer; metaphorically applied to a man who, by opposing the cause of God, may be said to act the part of the devil or to side with him

**Outbursts of anger** - Passion (as if breathing hard); fierceness, indignation, wrath

**Reckless** - Rash, careless, heedless, mindless

**Revilers** - Speaking evil, slanderous, reproachful, railing, abusive; someone who treats others with contemptuous language

**Sensuality** - Exciting lust; any indulgence of sinful passion

**Sorcery** - Greek word "pharmakeia" - the use or the administering of drugs; magic, enchantment, witchcraft, divination by the assistance of evil spirits, or the power of commanding evil spirits

**Strife** - Exertion or contention for superiority; contention in anger or enmity; contest, struggle for victory, quarrel or war, wrangling

**Treacherous** - A betrayer, traitor

**Ungrateful** - Ungracious, unpleasing, unthankful

**Unholy** - Wicked; not renewed or sanctified

**Unloving** - Without natural affection, hard-hearted towards kindred, unsociable

**Without self-control** - Not moderate or restrained within due limits, indulging in excess any appetite or passion; powerless

How do you feel after reading this list? Are you surprised by any of these being called sin in the Bible? If so, which ones and why?

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### DID YOU KNOW?

There is a difference between feeling convicted and feeling condemned by the sin in our lives.

A lot of Christians hear condemning thoughts about their sin and think it is God speaking to them. But there is a tremendous difference between conviction and condemnation because of who the source is! God will never accuse or condemn us. In fact, Jesus was sent to earth, not to judge us, but to save us from our judgment (John 3:17). The Devil, however, is called the Father of Lies and accuser of the brethren (Rev 12:10, John 8:44). Any time he speaks, you can trust that he is lying. Review the chart on the next page to see how conviction is different from condemnation.

CONVICTION	CONDEMNATION
--is a work of the Holy Spirit	-- is a work of the Devil
-- is specific	-- is general
-- lovingly disciplines your behavior	-- attacks your identity
-- sounds like, "You made a mistake."	-- sounds like, "You are a mistake."
-- shows you the problem and solution	-- only shows you your problem
-- is meant to help us become more like Jesus	-- is meant to tear us down
-- draws us closer to God	-- takes us further away from God
-- leads to repentance and life	-- leads to more death

Remember to put the focus and emphasis on Jesus and the cross as you pursue freedom. You can believe God for the fruit of the spirit to emerge in your life as you seek out discipleship and deliverance.

When you're ready, take the following assessment to see potential areas of bondage. If you answer yes to any of the following questions, you may need discipleship (see page 3) or deliverance from bondage (see page 4).

### SELF ASSESSMENT

1. Do you struggle with controlling anger?
2. Are you a jealous or insecure person to the point of being controlling and possessive of others?
3. Do sexual acts, sex, pornography, masturbation, or lustful thoughts control your life?
4. Do you have any addictions (drugs, alcohol, pornography, video games, gambling, etc)?

5. Have you ever had continued illness or repeated injury for no apparent reason?
6. Have you ever been obsessed with money?
7. Have you ever had suicidal thoughts?
8. Is there a sin that controls you, that you continue to participate in, even though you know you shouldn't?
9. Do you consistently challenge or resist authority figures (parents, teachers, coaches, mentors)?
10. Have you ever had any involvement with the following:
  - Astrology, horoscopes, tarot cards, Ouija boards, spells, witchcraft, palm reading, sorcery, drug use, séances, fortune-telling, tea-leaf reading, crystal-ball reading, communicating with the dead, spirit guides, ESP, telepathy, auras, trances, black magic, poltergeists, psychics, and more
  - Being obsessed with books or movies that feature witchcraft i.e. Harry Potter or Twilight
  - Being obsessed with playing any demonic or witchcraft based role playing or video games like Dungeons and Dragons or World of WarCraft

\*Note: Freedom from sexual sin requires the added step of breaking soul ties. See Appendix B.

### DISCUSSION QUESTIONS

Read James 5:16. Demons can have power in the dark, hidden areas of sin in our lives. What action do we need to take to start the process of healing and finding freedom from sin?

Galatians 5 and 2 Timothy 3 list biblical sins that we can commit and even be in bondage to. After reading these Scriptures and taking the assessment, have you identified any areas of sin or bondage that you may be in?

# CHAPTER 4

## FREEDOM & HEALING FROM PAST WOUNDS

“to set free those who are oppressed...”  
-Luke 4:18

Jesus desires to heal our wounds and take our pain, shame and hurt from us. Have you ever loved someone so much that you wished you could take their pain or suffering from them? That’s how Jesus feels about us.

When we don’t let go of our pain, we open a door for the enemy to influence our lives. One of the main ways the enemy tries to keep us in bondage is through the spirit of rejection. Jesus didn’t come just to save us so that we could go to heaven. He came to heal our broken hearts and set us free from the power of rejection in our lives. In Isaiah 61:1 it says that Jesus was sent to “bind up the brokenhearted.” And in Luke 4:18 it says that Jesus was anointed to “set free those who are oppressed.”

The word “oppressed” actually means bruised. Jesus wants to heal us from our bruises. A bruise is an *outward* sign or indicator that something on the *inside* is wounded.

### DID YOU KNOW?

One of the deepest human needs is to be known and loved. That’s why it hurts so much when we’re rejected. All of us have experienced some level of rejection, whether from intense emotional pain, lack of emotional connection, painful words spoken over us, being abandoned, or neglected. If you’ve ever experienced these things, it’s likely that you have bruises.

### SCRIPTURES TO CONSIDER

#### UNDERSTANDING REJECTION

Read Hebrews 4:15-16 and the verses from Isaiah 53:3-5 NLT below.

“He was despised and rejected—  
a man of sorrows, acquainted with deepest grief.  
We turned our backs on him and looked the other way.  
He was despised, and we did not care.  
Yet it was our weaknesses he carried;  
it was our sorrows that weighed him down.  
And we thought his troubles were a punishment from God,  
a punishment for his own sins!  
But he was pierced for our rebellion,  
crushed for our sins.  
He was beaten so we could be whole.  
He was whipped so we could be healed.”  
-Isaiah 53:3-5 NLT

What’s your reaction to reading that Jesus has experienced rejection too?

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## ARE YOU IN BONDAGE TO THE SPIRIT OF REJECTION?

### 12 WARNING SIGNS

**Unforgiveness** - You're unwilling to let go of pain you've experienced and you're holding a grudge.

**Fear & Insecurity** - You always want attention and are always thinking about what others think about you.

**Sexual sin** - You pursue sex to feel affirmed (men) or you give sex to feel valued (women).

**Pride** - You act like you have it all together and don't need others, you always have to share your opinion.

**Rebellion** - You have thoughts like, *"I don't need you, I don't care what you think, I'm gonna do whatever I want."*

**Anger** - You have outbursts of anger and issues with rage.

**Mistrust of authority** - You find it difficult to believe that authority figures have your best interests in mind.

**Excessive shyness or loneliness** - You struggle with *extreme* shyness or *often* feel lonely.

**Control or Manipulation** - You try and control people or circumstances so you don't feel pain again; you try to manipulate people, which can even lead to intimidation.

**Independence & Isolation** - The hurt from your past is making it difficult to develop deep, meaningful relationships.

**Addiction** - You use people or things to "stop the pain" (substances, pornography, relationships, work, etc.).

**Defensiveness** - You think feedback and correction are an attack on your identity; you get defensive and easily offended and find fault with people who don't say things perfectly.

## UNDERSTANDING FORGIVENESS

Read the story in Matthew 18:21-35 KJV.

Today the equivalency of the slave's debt that he was forgiven was \$52 million, and yet he would not forgive the debt of his fellow slave that only owed him \$40.

Why should he have forgiven the debt of the slave that owed him \$40?

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Biblically, forgiveness means letting go.

Unforgiveness is when we're unwilling to let go of the pain we've experienced and continue to hold a grudge. Many times this is fueled by rejection.

According to these verses, what happens to us when we withhold forgiveness?

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Torment can be defined as an extreme pain; anguish; the utmost degree of misery, either of body or mind. It is said to affect the person withholding the forgiveness more than the other person who committed the offense.

The key to finding freedom from past wounds is forgiveness, and it's a choice that we make. If we don't, or won't forgive we allow a root of bitterness to grow in our hearts.

“Satan pretends to be a good angel, but he’s not (2 Cor. 11:14). That means that withholding forgiveness can feel falsely comforting to the injured person. Not forgiving can actually feel good. But that’s always a counterfeit feeling. That’s Satan holding up a mask and pretending he’s a comforter. In the end, withholding forgiveness always ends up hurting us... [We] begin to nurse feelings of anger, resentment, malice, hate, jealousy, pride and independence. This is the point where that same whispering voice stops being a comforter and turns into a tormentor. A torturer. And that’s where bruising becomes bondage.”

-Pastor Robert Morris, *Truly Free*

## UNDERSTANDING BITTERNESS

Read Hebrews 12:14-15.

According to this verse, what does bitterness do?

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To defile means to stain or dye with another color. When we are offended, overlooked or deeply disappointed by a situation or a relationship, if we do not forgive, we can become resentful, cynical, grieved, jealous, and walk around with a chip on our shoulder. Read Romans 12:17-21 to see how God wants us to respond to these challenges.

## DID YOU KNOW?

If not addressed, bitterness can be the root cause to numerous problems, including addictions, irritability, depression, pornography, immorality, anger, hatred, jealousy and more.

## DISCUSSION QUESTIONS

After completing this chapter, are you identifying any past wounds that God wants to heal you of and set you free from?

Which, if any, of the warning signs on page 19 have you seen in your life? Why do you think that is?

When did you first experience this?

# CHAPTER 5

## STEPS TO FREEDOM

“...put on the new self...”  
-Ephesians 4:24

True freedom is found in the power of the cross. 1 Corinthians 1:18 says, “For the word of the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God.”

The phrase, “power of God” literally means power for performing miracles of God.

No matter how powerful sin or pain feels in our lives, God’s power is *greater*. When we come to the cross with our sin and pain, the blood of Jesus can perform a miracle in our life to set us free!

### SCRIPTURES TO CONSIDER

Remember, in Ephesians 4:22-24 we see a clear threefold pathway to finding freedom. It says,

“...that, in reference to your former manner of life, you \_\_\_\_\_, which is being corrupted in accordance with the lusts of deceit, 23 and that you be \_\_\_\_\_, 24 and \_\_\_\_\_, which in the likeness of God has been created in righteousness and holiness of the truth.”

### STEP 1: ACKNOWLEDGE YOUR NEED WITH GOD AND OTHERS

“...IN REFERENCE TO YOUR FORMER MANNER OF LIFE...” EPHESIANS 4:22

Freedom starts by acknowledging our need to God and others, this takes humility. When we humble ourselves by bringing our sin and past wounds into the light with others, we take the first step toward freedom.

Read James 5:16 and 1 John 1:6-9. What happens when we walk in the light?

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### STEP 2: FORGIVE

“...LAY ASIDE THE OLD SELF...” EPHESIANS 4:22

Forgiveness can simply be defined as, “letting go” or a total release of the sin someone committed against you. Because Jesus has extended mercy to us and has forgiven us for all of our sin, we can choose to forgive others by letting go of the pain and hurt they’ve caused in our lives.

Read Matthew 6:14-15 and Ephesians 4:31-32. Why do these scriptures command us to forgive?

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Forgiveness and repentance most often go hand-in-hand. When others sin against us, we normally choose to react in a sinful way (rebellion, pride, fear, etc.) and need to repent for how we've reacted.

### STEP 3: REPENT

"...LAY ASIDE THE OLD SELF..." EPHESIANS 4:22

Repentance = Coming to the cross and choosing to turn away from sin and self; the Greek word for repentance is metanoia, which means a change of mind

Repentance is essential if we want to be set free. Freedom is only possible because of the cross.

When we repent, we surrender to what God's Word says and change our minds about several things:

1. We change our minds about sin. We are heading one way and then change direction.
2. We change our minds about ourselves. We acknowledge that when we engage in sin, we are not being the people God created us to be.
3. We also change our minds about God. He's not a rule maker waiting for us to mess up. He's a loving Father who always welcomes us home, restores us and wants us to experience His best for our lives.

Read Acts 3:19. What happens when we repent?

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### STEP 4: RENOUNCE

"...LAY ASIDE THE OLD SELF..." EPHESIANS 4:22

Renouncing simply means to "fall out of agreement with" (James 4:7). All bondage begins with believing a lie. We can renounce three different things - lies we've believed, spirits we've agreed with, and inner vows and judgments.

Read 2 Corinthians 10:5. What does God tell us to do with the lies we think and believe?

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Inner vows = A determination set in the mind and heart to protect us from pain. It is a promise that we make to ourselves, and it often involves the use of words like "always" and "never."

For example:

*"I will never open up my heart again."*

The pain you were protecting yourself from: rejection.

The long term result: inability to maintain relationships even when you desire to.

Judgments = Our sinful reactions that hurt others; our critical and condemning judgments of people. Sometimes judgments are what prompt us to make inner vows in the first place.

Read Matthew 5:33-37 and Matthew 7:1-2. What do these verses tell us about vows and judgments?

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## STEP 5: RELEASE

"...LAY ASIDE THE OLD SELF..." EPHESIANS 4:22

Cast out = to drive out, to command to depart

After we repent and renounce the lies we have believed, the demonic spirit (pride, rebellion, rejection, etc.) we have opened the door to no longer has the authority or legal right to influence us. This is when it's best to ask someone who is mentoring you to pray for you.

Read Matthew 10:1 and Luke 10:19-20. Who gives us authority over the enemy and unclean spirits?

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## STEP 6: RENEW YOUR MIND OVER AND OVER AGAIN

"...BE RENEWED IN THE SPIRIT OF YOUR MIND, AND PUT ON THE NEW SELF..." EPHESIANS 4:23-24

Putting on the new self is an act of faith. It's choosing to believe the truth about God, ourselves, and others. God's Word needs to replace the lies we've believed, otherwise we can fall back into bondage.

Read Matthew 12:43-45. Why is it necessary to renew our minds with God's Word?

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"So Jesus was saying to those Jews who had believed Him, 'If you continue in My word, then you are truly disciples of Mine; and you will know the truth, and the truth will make you free...so if the Son makes you free, you will be free indeed.'"

-John 8:31-32, 36

## DISCUSSION QUESTIONS

What would your life look like if you were free from bondage to sin and healed from past wounds?

At this time, are you ready to walk through the steps to freedom mentioned in this chapter?



# APPENDIX A

## PRAYER OF FREEDOM

“Then you will call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart. I will be found by you,” declares the Lord, “and will bring you back from captivity.”

- Jeremiah 29:12-14

Congratulations on taking this next step toward freedom! Because the Bible tells us to “walk in the light” and we know life is best lived in community, we encourage you to pray for freedom with others. Below are examples of how to pray through different areas, based on what the Holy Spirit has been showing you during this Bible study.

### GET REAL WITH GOD

God, I want to get real with You about the sin and pain in my life. I need to get free and I need You. Thank you for bringing me to this point where I’ve realized my sin and what needs to change. I know that You love me and want to set me free, and I humbly ask that You would. I believe that through Your power and authority, You will.

### FORGIVE

Lord, please bring to memory any past wounds that need healing and anyone I need to forgive...

Jesus, I was hurt when \_\_\_\_\_  
*(name the person and the sinful act that they committed against you)*

I felt \_\_\_\_\_ and I started to believe \_\_\_\_\_. Lord, I bring this wounded and  
*(emotions)* *(lies)*

bruised experience to You and place it at Your feet. Father, I acknowledge to

You this pain and pray specifically for holy forgetfulness. Right now, in prayer, I

release \_\_\_\_\_ to you Lord. You be their judge and jury. I let go of blaming  
*(person)*

them, judging them, and holding a grudge against them. I release \_\_\_\_\_  
*(person)*

By Your power and might, I choose to forgive. Jesus, please take away those

feelings of hurt and remove them from my life. I submit these memories to You

and ask that You would heal me.

## REPENT

Lord, I recognize that it was wrong when I sinned against you by

\_\_\_\_\_. I understand that \_\_\_\_\_ grieves  
*(behavior/offense)* *(biblical sin - pride, rebellion, lust, etc.)*

You because I am Your \_\_\_\_\_, so I lay this sin down at Your cross and  
*(son/daughter)*  
repent for believing the lie that says \_\_\_\_\_.  
*(lie)*

I turn away from disobeying You and choosing to do what I want in this area.

Father, I ask You to forgive me for my sin, and ask that You release me from any  
bondage in Jesus' name.

## RENOUNCE

### SPIRITS:

Spirit of \_\_\_\_\_, I renounce you in the name of Jesus. I fall out of  
*(name spirit)*  
agreement with your lies. In the authority and power of Jesus, I command you to  
go right now. You no longer have influence in my life and I close the door of my  
heart to your bondage.

### VOWS AND JUDGEMENTS:

I repent and renounce the vow that I made when I said that I would never/  
always \_\_\_\_\_. I also repent and renounce all  
*(vow)*  
judgements, bitterness, resentment and hatred I have against \_\_\_\_\_.  
*(person/people)*

Lord, I ask for your forgiveness and thank you God for forgiving me by Your  
grace.

Please heal me Jesus. Thank you for filling me with Your love, joy, and peace.

Thank you Lord for healing me, setting me free, and making me whole.

## RELEASE

(Ask someone to pray over you)

Spirit of \_\_\_\_\_, I take authority over you and I command you to go in  
*(name the spirit)*  
the name of Jesus.

## RENEW

God, I pray that You would come into my life with your full power. Thank You  
for being my deliverer. I commit to filling my mind with Your Word and I will  
meditate on what Your Word says about \_\_\_\_\_.  
*(topic)*

I agree in prayer that my life belongs to You, Jesus, and that I will follow You  
wholeheartedly. Fill me now with all the fullness, goodness and power of the  
Holy Spirit. I ask these things in the name of Jesus, amen.

## APPENDIX B

### BREAKING SOUL TIES

Soul ties are unhealthy connections that can occur if people have participated in sexual relationships outside the boundaries of marriage. The sexual relationship in a marriage covenant is designed to create a significant bond and knit two people together into one. Sexual relationships are designed by God for the union of the mind, body, emotions, and spirit. This connection isn't limited to intercourse. Any interaction that engages the sexual drives can create a soul tie. Freedom from sexual sin requires the added step of submitting this tie to the Lord to sever any unholy and unhealthy connections.

-Pastor Robert Morris, *Truly Free*

Pray this and name every act and every person the Lord brings to mind:

Jesus, I recognize what I did was wrong, and I know it hurt you when I committed sexual sin through \_\_\_\_\_ with \_\_\_\_\_.  
(impurity, sensuality, immorality) (name the person)

I understand that through this sexual act of \_\_\_\_\_, I joined my soul with \_\_\_\_\_.  
(sexual act or deed) (person's)

Please forgive me for this sin and break all the ties that occurred in that moment.

I now take this area of my life to the cross and recognize that your blood has the power to forgive and cleanse me from this sin. Return to me the part of myself that I gave away and make me whole. Close forever the door of sinful thought and action toward \_\_\_\_\_.  
(person)

*Repeat the above for each person.*

Lord, you have said that You have wiped away my sin, that it is gone forever. By faith I believe, "It is finished." Because of the blood you shed on the cross, I am forgiven and healed.

Thank you Jesus for dying for me! Thank you for setting me free. Thank You that I am new!

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- Morris, Robert. *Truly Free: Breaking the Snares that so Easily Entangle*. W. Publishing Group, an Imprint of Thomas Nelson, 2015.
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